CREATING COMFORT

FOR BABIES DURING NEEDLE POKES!

***You** are the greatest comfort to your baby.*

*With just a few simple strategies, you can make sure your baby is as **comfortable as possible** during an injection!*



1. Calm yourself

Take a deep breath, smile, let those shoulders relax. Your mood affects how your baby feels...and your calm helps your baby be calm and comfortable.

2. Cuddle

Holding your baby close to you (skin to skin if possible) calms and relaxes your baby, and reduces their pain response.

3. Sweet

A sugar water solution on a pacifier before, during, and after the injection is very effective. Ask your doctor, or get more how-to info on our website.

4. Breastfeeding

If you are breastfeeding, it is a great idea to do it a few minutes before, during, and after the injection, until the baby is calm.

5. Distraction

Singing, cooing, talking, and playing with toys that capture attention before and during are great ways to help your baby be more comfortable.

6. Numbing Cream

Babies benefit from numbing cream placed on their skin before the poke. Our website has more info on prescription and over-the-counter options.

Meg Foundation
megfoundationforpain.org