

CREATING COMFORT

FOR KIDS DURING NEEDLE POKES!





1. Calm yourself

Take a deep breath, smile, let those shoulders relax. Your calm helps your child be calm. Your positive feelings, words, and actions can help your child feel more comfortable.



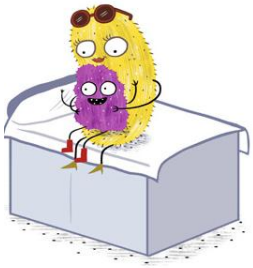
2. Make a plan

Preparing kids beforehand and giving them choices helps kids feel more in control! Create a plan for what strategies they want to use to make themselves comfortable. Find an example game plan on our website!



3. Numbing medicine / Vibration / Cold

Research says that putting numbing cream on the skin before the poke really works to help minimize needle pain in kids. It can take time for it to work, so plan ahead! Cold, vibration, and rubbing the skin can also work. Our website has more info on prescription and over-the-counter options.



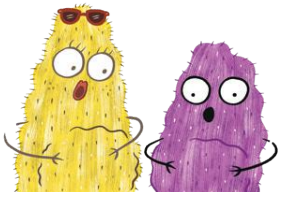
4. Comfort positions

Holding upset children down for medical procedures is not a good idea. There are ways you can hold your child to both calm them and keep them safe. You are the best comfort for your child, and you can learn ways to hold them to help them feel more in control.



5. Distraction

Taking advantage of a kid's natural ability to get deeply absorbed in videos, toys, and activities changes the way they feel pain. They can ignore the pain signals the same way they can't hear you calling their name! Have them choose something to watch or do before and during a poke.



6. Belly breathing

Breathing out, then taking easy slower breaths in and out calms kids and reduces their body's reaction to pain. Bubbles or pinwheels are a fun way to both distract them and encourage them to keep a slow, even pace. Using your own deep, slow breaths to pace them helps keep them on the right track and more in control.



Meg Foundation
megfoundationforpain.org