CREATING COMFORT DURING A NASAL SWAB

Prep Up:

Before the test, let your child know:

1. It will take 20-30 seconds (like singing the Happy Birthday song)
2. The medical people are going to be wearing masks and gowns and look different than usual
3. You'll be with them
4. It will help things go more easily and faster when they sit "as still as a statue"



Comfort Position:

Hold your child in a way that keeps them safe, but lets them feel your comforting, calm presence. Sitting on your lap, with their back to your chest, is likely the best choice. This is great even for older kids...we are never too big to be comforted by the people we love!

Use the Other Senses:

Sensory experiences like forehead or hand massage, hugging a favorite stuffy, and listening to music help them be less focused on the discomfort and feel like the time passes more quickly.

Alternative Focus:

Use a kid's natural ability to get deeply absorbed in videos, toys, and activities to change the way they feel. They can ignore discomfort the same way they can't hear you calling their name! Watch a video, sing a song, tell a story...let them have the power to choose what they want to focus on.

Make a Plan!

Everyone does better when they know what to expect! We have a great game plan worksheet on our website. Be sure to let your kid choose a reward to look forward to after it's all done!

The best strategy? Take a deep breath and center yourself...
They take on your calm!

For more helpful resources:

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG