CREATE COMFORT

FOR KIDS DURING NEEDLE POKES!

1 CALM *YOURSELF!*







***YOUR* CALM**
HELPS YOUR
CHILD BE CALM

2 MAKE A *PLAN!*



GIVE THEM *CHOICES!*

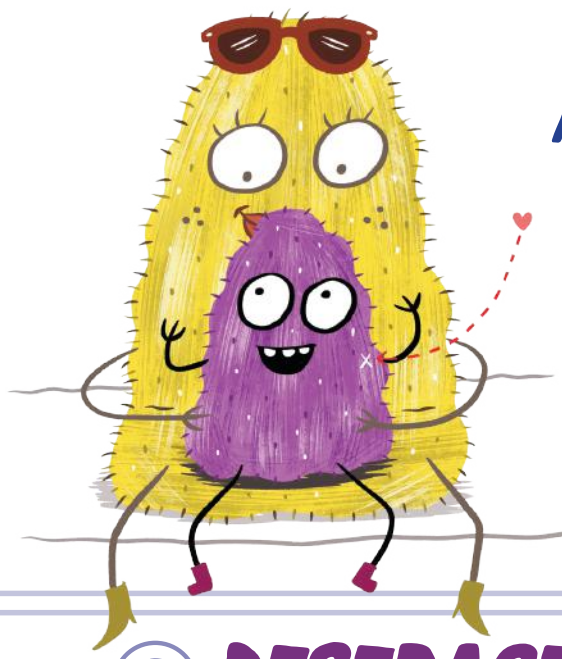
CREATE A PLAN USING STRATEGIES ***THEY*** WANT TO USE
TO MAKE THEMSELVES COMFORTABLE AND FEEL MORE IN CONTROL.

3 LITTLE *HELPERS!*



RESEARCH SAYS THAT
COLD, VIBRATIONS, RUBBING, OR ***PUTTING***
NUMBING CREAM ON THE SKIN BEFORE A POKE REALLY WORKS!
NUMBING CREAM CAN TAKE TIME THOUGH, SO ***PLAN AHEAD!***

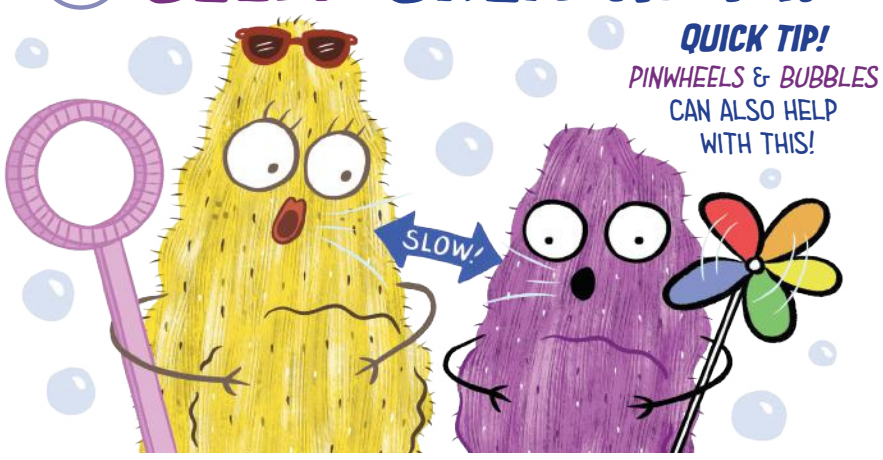
4 *COMFORT* POSITIONS



NEVER HOLD
A CHILD DOWN
FOR MEDICAL
PROCEDURES!

CHECK OUT OUR
WEBSITE FOR
WAYS TO HOLD YOUR
CHILD SO THEY CAN
BE SAFE, CALM,
AND COMFORTED.

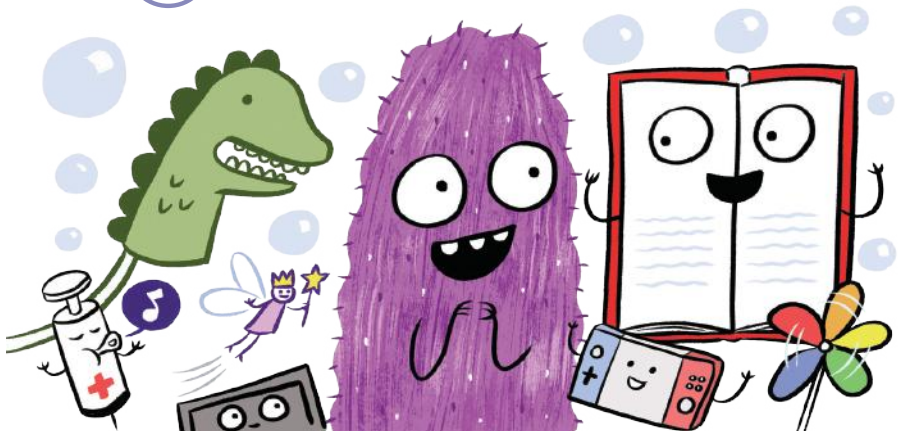
5 *BELLY* BREATHING!



QUICK TIP!
PINWHEELS & BUBBLES
CAN ALSO HELP
WITH THIS!

USE ***SLOW DEEP BREATHS*** TO KEEP
YOUR CHILD ON PACE AND IN CONTROL

6 *DISTRACTIONS!*



TAKE ADVANTAGE OF YOUR KID'S NATURAL ABILITY TO GET DEEPLY ABSORBED!
VIDEOS, TOYS, AND ***ACTIVITIES*** CHANGE THE WAY THEY EXPERIENCE PAIN.
HAVE THEM CHOOSE SOMETHING TO WATCH OR DO BEFORE AND DURING A POKE!

for detailed information, check out
megfoundationforpain.org

Meg Foundation
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN