Comfort Positions for a Blood Test

Age: 0-12 months
- Held by caregiver
- Swaddled or skin to skin
- Pacifier or breastfeeding during heel poke
- Distraction: favorite toy, caregivers voice

Age: 1-6 years
- Held by caregiver facing forward with caregivers legs crossed over child’s
- Distraction: bubbles, windmill, books, toys, videos

Age: 7-18 years
- Caregivers available
- Sitting upright is best
- Distraction: books, electronics
- Teen may choose to watch or lay down

We will do everything possible to prevent and treat pain.

Laboratory Controlled Document: CF-9 v1