

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.