



Information for You from Your Health Care Team

Ways for You to Help Ease Your Child's Pain



Infants (birth-12months)

- **Ask to be present during a procedure. This will depend on your own comfort level. Hold or comfort your child before, during, and after painful or uncomfortable experiences.**
- **If you cannot hold your child, place him in a position that seems comfortable for him.**
- **Bring your child's hands together in the center of his body. This can be comforting.**
- **Hold or rock your child if possible.**
- **A pacifier, favorite toy or blanket may help comfort your child.**
- **Hold your child's hand or stroke his head, arm or leg.**
- **Provide quiet, soothing environment by turning lights down and reduce or prevent extra noise.**
- **Hang a mobile over your child's crib or provide other toys that move or make noise. This will depend on your own comfort level. Hold or comfort your child before, during, and after painful or uncomfortable experiences.**
- **Help focus your child's attention away from the pain.**

Add your own:
