



*Information for You from Your Health Care Team*

**Ways for You to Help Ease Your Child's Pain**



**Toddlers (13months-3years)**

- **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.**
- **Explain in simple language why the procedure is needed. Explain what to expect to see, hear, and feel. Playing with puppets, making pictures or telling stories can help your child express feelings and concerns. A play medical kit may also be helpful. Do this before and after a procedure.**
- **Provide a favorite toy, stuffed animal or blanket. This can help comfort your child.**
- **Use a soft, calm voice when talking with your child. This can help reduce anxiety.**
- **Blowing bubbles requires taking deep breaths and can help to distract and relax your child. If your child is not able to blow bubbles you can blow them for him.**
- **Let your child hold or squeeze your hand or a soft object, such as clay.**
- **Use toys, pop-up books, counting, singing, and music to help distract your child.**

**Add your own:**

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