



KID'S COMFORT

· PROMISE ·

Making Pokes Hurt Less

POSITIONS:

Sit in a parent's lap or in a chair to feel comforted and safe. Get a hug or hold a hand.

DISTRACTION:

A toy, book, song or video can keep your mind on something else.

NUMBING CREAM:

A cream can be put on the skin to numb it 30 minutes to 2 hours in advance. Great for IVs and blood draws.

Ask for
Child Life



SHOTBLOCKER:

A small disc with bumps to distract your brain from feeling a shot.



PAINEASE SPRAY:

A cold spray that briefly numbs a spot on your skin.



ALSO FOR BABIES:

Swaddle, sugar water and soothing. Breastfeeding helps too!

ALSO FOR TEENS:

Music, a video or game on a phone can be great distraction.



Children's Medical Center

UMass Memorial Health

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