



Distraction Ideas By Age



Infants

- Sucrose- ≤6 months
- Light up/music toys
- Music toys
- Talking and singing
- Reassuring touch

Toddler

- Light up/spinning toy
- Rainstick
- Sing or play fun song
- Favorite toy/stuffie
- Bubbles

Preschool

- Light up/spinning toy
- Book- picture or iSpy
- Bubbles/pinwheel
- Apps- Fireworks, Pocket Drum, Balloon pop
- Videos

School Age

- Music
- Pinwheel
- Books- Where's Waldo, iSpy
- Apps- Fruit Ninja, Minecraft
- Videos- Teen Titans Go, Lol!

Teen

- Music
- Video Games
- Stress ball/deep breathing
- Fidget Spinner
- Guided imagery- conversation about and picture favorite place, vacation, etc.

KID'S COMFORT
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Distraction Tips & Tricks



Use ONE VOICE

Only **1** person (staff or caregiver) should be speaking to the child to maintain a calm environment.

- **O**ne voice should be heard
- **N**eed parental involvement
- **E**ducate the child about what will happen
- **V**alidate child with words
- **O**ffer comfortable/non-threatening position
- **I**ndividualize your plan
- **C**hoose an appropriate distraction
- **E**liminate unnecessary people not actively involved

Ask the child open ended questions

- Who is your favorite superhero? Why?
- Which princess do you like the best? Why?
- What is your favorite subject in school? What do you like about it?

Engage in the distraction with the child

- What is your favorite character in that movie/show?
- What are you trying to do in that game?
- Do you see the _____? Ask question about things in book/app/video

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Have a great success? Struggling? Need more equipment or help? We want to hear from you! Email us at kidscomfort@umassmemorial.org