

COMMITMENT TO COMFORT


Promoting Comfort, Partnering Together, Every Time.

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With every painful or distressing procedure...


Plan

Positive coping experiences start with being prepared.
Make a COMFORT CARE PLAN 


Apply Numbing Cream

Use numbing cream (topical anesthetic) before any
needle.

Use Comfort Positions

Ask about comfort positions, like sitting up or having
your child sit on your lap. 

Use Distraction

Keep the brain busy by using some form of distraction,
like playing on an IPAD, and/or blowing. 

Use Positive Language

Reframe memory to highlight what went well:
"You were so brave when you took your deep breaths"



Alberta Children's Hospital



Ask your health care provider or Child Life Specialist for more details.

Your health Care team at Alberta Children's Hospital is committed to making sure that we do our best to promote comfort by lessening pain and worry with any painful or distressing procedure. Please ask your Health Care Provider about the resources available.

If you are looking for a helpful video for you and your family to watch, the Stanford Children's Health Hospital created a great video "Learning How to Manage Pain During Medical Procedures". Click [here](#) to view.