### Positions for Comfort (PFC) Reference Chart

<table>
<thead>
<tr>
<th>Position</th>
<th>Procedure</th>
<th>Description</th>
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| **The Bear Hug** | Blood work, IV's, Sutures, etc.  | ° Caregiver sits on bed or chair  
° Child straddles caregiver – chest to chest  
° Caregiver hugs around waist of the child  
° Arm not being used for the procedure is tucked under caregiver's arm or holding a distraction toy  
° Arm needed for procedure (for IV's, etc.) is positioned across the stretcher or treatment table  
° Child can look at procedure (if appropriate) or at planned distraction (i.e. book, bubbles, etc.)  
° Child's legs are positioned so that they won't compromise immobilization for the procedure |
| **The Joey**     | Blood work, IV's, examinations, etc. | ° Caregiver sits on bed or chair  
° Patient is on caregiver's lap facing outward  
° Caregiver hugs around waist of patient  
° Staff can adjust the bed or the child's arm (use a pillow) to a comfortable height  
° Child can either look at procedure (if appropriate) or look at planned distraction  
° Child's legs are tucked in between caregiver's to avoid movement (if needed) |
| **The Cradle**   | NG Placement & Auger suction     | ° Child sits on bed or chair  
° Patient is placed on one side of caregiver’s chest, facing outward  
° Child’s head rests on the chest of the caregiver in a neutral alignment  
° Caregiver gently hugs around the child (overtop of their arms) and can whisper, sing, and provide comfort to the child  
° Child’s legs are tucked in between caregiver’s to avoid movement (if needed) |
| **The Frog**     | Catheter Insertion               | ° Caregiver straddles bed  
° Child lies on their back on the bed  
° Child’s head and upper body rests on caregiver’s lap or on the bed  
° Child’s legs are placed into the “frog” position  
° Caregiver can either hold the child’s legs in the “froggie” position or hold the child’s hands  
° Child can look at planned distraction and caregiver can whisper, sing, and provide support |

**Ensure proper immobilization of area required for procedure** (i.e. arm for IV’s)  
**PFC works best when used with pre-procedural teaching, coping strategies, and effective pain management (i.e. topical anesthetic, etc.)**

Contact the CHEO child life department for more information (613) 737-7600 (ext. 2321)