COMFORT TIPS:

Techniques for Keeping Children’s Hospital Experience Positive

There are simple measures—from positioning to distraction, environment to word choice—that can work together to keep a hospital experience positive. These techniques are often referred to as Comfort Measures by Child Life Specialists.

Distraction

What you don’t notice may not hurt.

Give children something to focus on. When distraction involves deep breathing (such as blowing bubbles or singing), it may be even more effective. Just be sure it is age-appropriate, so the child stays engaged.

Techniques

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Excerpted from Ellis and Zempsky et al, 2004, and Ellis et al, 2004

Environmental Measures

Keep it friendly.

People young and old respond to their environments. From paint colour to location, environment can play a critical factor in a child’s sense of security—and perception of pain.

- Bright colors and cheery paintings
- Age-appropriate books and toys
- Block noise from other patients that may contribute to anxiety
- Limit procedures to a treatment room, so the patient’s bed remains a safe place