### Non-pharmacological Interventions for Pain Management

<table>
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<th>Developmental Age</th>
<th>Non-pharmacological Pain Interventions by Developmental Age</th>
<th>Other Considerations</th>
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| Infant (0-12 months) | • Child Life Specialist  
• Caregiver support  
• Swaddling and positioning  
• Pacifiers  
• Rapport building | • Cognitive: auditory stimuli, distraction, prepare for coping techniques  
• Biophysical: environmental modification, holding, touching, massage, rocking, sucking, sucrose  
• Distraction: music, rattles, mobiles | • Reacts to caregiver stress or anxiety  
• Sensitive to physical environment |
| Toddler (1-3 years) | • Child Life Specialist  
• Caregiver support  
• Positioning  
• Incorporate home routines  
• Rapport building | • Cognitive: auditory stimuli (music), distraction, prepare for coping techniques &/or teaching procedures, choices, control  
• Biophysical: environmental modification, holding, touching, massage, rocking  
• Distraction: music & singing, pacifiers, bubbles, comfort items | • Reacts to caregiver stress or anxiety  
• Separation anxiety  
• May resist physically |
| Preschooler (3-5 years) | • Child Life Specialist  
• Caregiver support  
• Positioning  
• Incorporate home routines  
• Allow choices, where permitted  
• Rapport building | • Cognitive: auditory stimuli (music), controlled breathing, distraction, modeling, prepare for coping techniques &/or teaching procedures, relaxation  
• Biophysical: holding, touching, massage, environmental modification,  
• Distraction: music & singing, pop-up books, comfort items, counting | • Reacts to caregiver stress or anxiety  
• May view pain as punishment  
• May resist physically  
• Allow to watch procedure, if requested |
| School-age (5-12 years) | • Child Life Specialist  
• Caregiver support  
• Positioning  
• Allow choices, where permitted  
• Rapport building | • Cognitive: auditory stimuli (music), control, controlled breathing, distraction, imagery, hypnosis, modeling, relaxation, prepare for coping techniques &/or teaching procedures, hypnosis (by trained provider only)  
• Biophysical: environmental modification, holding, touching, massage, heat or cold application  
• Distraction: music, TV, video games “I Spy” books, magic wand, bubbles, guided imagery, deep breathing | • Younger patients have shorter attention span  
• May resist physically  
• May blame parents for pain caused  
• May view pain as punishment  
• Establish rapport to increase cooperation  
• Allow to watch procedure, if requested |
| Adolescent (12-18 years) | • Child Life Specialist  
• Allow choices, where permitted  
• Positioning  
• Caregiver support  
• Rapport building | • Cognitive: auditory stimuli (e.g. iPod), control, controlled breathing, distraction, imagery, hypnosis, modeling, relaxation, prepare for coping techniques &/or teaching procedures, hypnosis (by trained provider only)  
• Biophysical: environmental modification, holding, touching, massage, heat or cold application-as per orders  
• Distraction: music, TV, video games, guided imagery, deep breathing, conversation | • May or may not want caregiver presence  
• Allow to watch procedure, if requested  
• May have anxiety related to body image  
• Establish rapport to increase cooperation |