10 WAYS to HELP YOUR CHILD get THROUGH CHALLENGING PROCEDURES

STAY CALM AND COPE ON...
Try some of these comfort positions for safety and support.

1. THE BEAR HUG
2. BACK SNUGGLE
3. THE SING ALONG
4. THE BUBBLE BLOWER
5. THE TECH SAVVY
6. THE EYE SPY
7. THE POKE WHISPERER
8. THE BURRITO WRAP
9. I’M A REAL LOOKER
10. THE DEEP BREATHER

Ask to use the numbing cream - Maxilene!

Make a plan with your child’s health care team before the procedure and ask to see a Child Life Specialist for other ways to help.