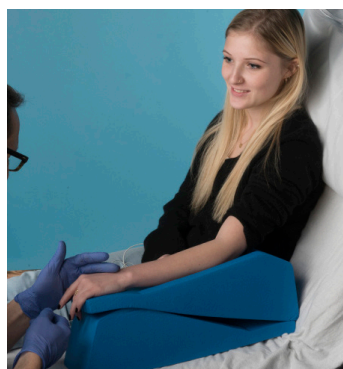
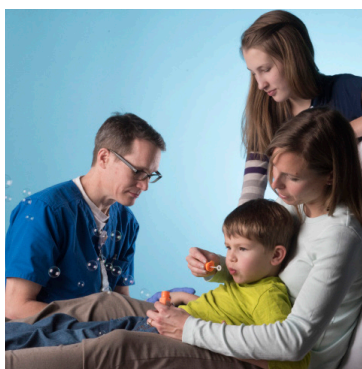


# Comfort position guide



**Children's**  
**COMFORT**  
**PROMISE**

*We will do everything possible  
to prevent and treat pain.*

**Children's**  
Hospitals and Clinics  
of Minnesota



For needle procedures, that means:

## **Numb the skin**

### **4% lidocaine cream**

- No age restrictions, including infants
- 30 minutes for effect, shorter with warm packs
- Can stay on for two hours, works for one hour after removed

### **J-tips**

- When there is no time to wait
- Children must be older than six months

## **Sucrose or breastfeeding (0-12 months)**

### **Sucrose**

- 2 minutes before, lasts 4 minutes
- May repeat as needed
- Just a few drops on pacifier or inside cheek
- It is the detection of sweet, not amount that triggers the effect

### **Breast feeding**

- Start 2-5 minutes before procedure
- Continue during procedure

## **Comfort positioning**

- Swaddling for infants 0-6 months
- Upright is best for children older than 6 months
- Parent or caregiver holding or close by

# Infant (0-6 months)



- Use 4 % lidocaine cream 20-30 minutes before
- Sucrose or breastfeeding 2 minutes before
- Swaddle (leave out limb for procedure)
- Parent holding whenever possible

# Infant (0-6 months)



- Use 4% lidocaine cream 20-30 minutes before
- Sucrose or breast feeding 2 minutes before
- Chest to chest
- Swaddled, cuddled and warm
- Gentle patting, soothing voice

# Infants (0-12 months)



- Use 4% lidocaine cream 20-30 minutes before
- Sucrose 2 minutes before
- Swaddled or cuddled and warm
- Held by parent

# Infants (0-12 months)



- 4% lidocaine 20-30 minutes before
- Breast feeding 2-5 minutes before and during
- Swaddled, held by parent
- Calm, rhythmic voice or sounds

# Infant (6-12 Months)



- 4% lidocaine 20-30 minutes before
- Sucrose 2 minutes before
- Chest to chest
- Engaged with Shaker vibration



# Infant (6-12 Months)



- 4% lidocaine 20-30 minutes before
- Sucrose 2 minutes before
- Back to chest
- Shaker sound and vibration sooth and engage

# Toddler/Preschool (1-5 years)



- 4% Lidocaine Cream 20-30 minutes before
- Back to chest in chair
- Mom securing opposite hand
- Spinner toy actively engaged

# Toddler/Preschool (1-5 years)



- 4% Lidocaine Cream 20-30 minutes before
- Back to chest straddle
- Mom securing opposite hand and legs
- Actively engaged with book
- Favorite toy truck as comfort object

## School Age (6-12 years)



- 4% Lidocaine Cream 20-30 minutes before
- Side by side — chair next to bed
- Mom securing opposite hand with arm
- Actively engaged with Ipad from home
- Blanket as comfort object

## School Age (6-12 years)



- 4% Lidocaine Cream 20-30 minutes before
- Back to chest straddle
- Mom securing opposite hand and legs
- Actively engaged with bubbles

## School Age (6-12 years)



- 4% Lidocaine Cream 20-30 minutes before
- Side by side
- Mom securing opposite hand
- Actively engaged with book/story

## School Age (6-12 years)



- 4% lidocaine cream 20-30 minutes before
- Upright with bolsters
- Parent side by side
- Engaged with "Find it" tube

## Teen Age (13-18 years)



- 4% Lidocaine Cream 20-30 minutes before
- Side by Side-chair next to bed
- Mom securing opposite arm with hand
- Actively engaged with stress ball, but okay to sneak a peek now and then
- Comfort object at hand



## Teen Age (13-18 years)



- 4% lidocaine cream 20-30 minutes before
- Upright with bolsters
- Parent side by side
- Engaged with "Find it" tube







[childrensmn.org/comfortpromise](https://childrensmn.org/comfortpromise)