

COMFORT POSITIONING

Comfort positioning is a practice that allows children to sit up during procedures, receiving active support and comfort from their caregivers, increasing their feelings of control and decreasing their anxiety.

Bear Hug/Straddle Position:



Ideal for:
 IV Starts
 Blood Draws
 Injections
 Ear Checks
 Obtaining Vitals
 Lacerations of Extremities
 Injuries to Back of Head

Side-Sitting Position:



Ideal for:
 IV Starts
 Blood Draws
 Injections
 Ear Checks
 Obtaining Vitals

Front-to-Back Position:



Ideal for:
 NG Placement
 Port Access
 IV Starts
 Blood Draws
 Obtaining Vitals
 Mouth or Nasal Swabs
 Injuries to Face or Limbs

Comfort Positioning is a practice that...

- allows for good control and sufficient immobilization to get the job done safely.
- increases a child's sense of control, aiding in cooperation.
- can be adapted for a variety of procedures, tests and even assessments.
- can be used as soon as the child has good head and trunk control.

Child Life Services

AHS Commitment to Comfort®