

iCreate Support with Comfort Positions

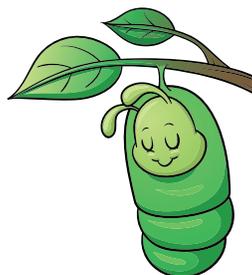
Comfort positions support positive coping for our patients during procedures. They give caregivers a role and decrease anxiety for children during hospitalizations.



Bear Hug:

Chest to chest with patient and caregiver. Hug child's upper body, place caregiver's arm over child's to minimize movement and distract.

Procedures including: IV, IM injection



Cocoon Swaddle:

Swaddle the infant with a comfortable blanket. Caregiver can lay with child in the bed or hold infant in arms while keeping one arm out.

Procedures including: IV, IM injections, lacerations



Kangaroo Hug:

Chest to back contact with patient and caregiver. Hug child's upper body and waist, cross caregiver's legs over child's or wrap blanket around legs. Stabilize arm.

Procedures: IV, IM, NG tube, arm laceration, Mediport de/access



Koala Hug:

With patient in position laying on side with knees up, caregiver can help to hold knees in position while remaining in sight of patient for distraction and comfort.

Procedures: lumbar puncture/spinal tap



For help with procedures, please contact your child life specialist.
For inpatient procedures, call **ext. 5494**. For outpatient procedures, call **ext. 5487**.