

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings

Ranked among the
nation's best in five
pediatric specialties



Supporting Children with Needle Procedures

Helping a child with a needle related procedure is not always easy. There are ways to make it less scary, while also giving the child a sense of control.

Some tips to keep in mind:

- Children are sensitive to their space and the emotions of others. Aim to stay positive.
- The comfort commitment is a 4-step process that is used at UC Davis (Ask | Share | Plan | Do): <https://ucdavis.health/comfort>
- Prepare children for what to expect to help build a coping plan.
- When possible, give choices. For example, your child can choose a comfort position (right), count to three before the poke, watch the poke, or focus on something else, like a video.
- For younger children, there are other ways to help your child focus on something else. You can sing a song, blow bubbles, look at an "I Spy" book, or make up a story.
- To reduce the feeling of the poke, try putting ice or a heat pack where the needle will go before cleaning the skin.
- Ask your Child Life Specialist for more information about medical play.



Comfort Positions



For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>