When Supporting Children During a Medical Procedure:

• Be honest.
• Identify one person to speak to the child in a calm, quiet voice.
• Identify a position that is comfortable for the child and caregiver.
• Provide choices where choices exist:
  – “Would you rather look at the book or blow bubbles?”
  – instead of “Are you ready for your IV now?”
• Use specific phrases:
  – “You are doing a wonderful job taking deep breaths”
  – instead of “Good job.”
  – “This may take as long as a Dora cartoon” instead
  – of “We are almost done.”
• Focus on the positive:
  – “You are breathing really well when you scream.”
  – Avoid phrases such as “You are OK,” “Don’t cry”
  – and “Be a big girl/boy.”
• Teach healthy coping strategies to increase confidence
  and control (see list on right).

INFANTS (0-1 year)
- Holding
- Speaking in a soft voice
- Patting
- Music/singing
- Pacifier
- Teething toys/rings
- Rattles
- Light-up toys
- Sweet-Ease

TODDLERS (1-3 years)
- Holding
- Speaking in a calm voice
- Music/singing
- Nursery rhymes
- Pop-up/sound books
- Look-and-find books (beginner levels)
- Light-up toys
- Bubbles
- Pinwheels
- Kazoo/horn
- ViewMaster

PRESCHOOLERS (3-5 years)
- Speaking in a calm voice
- Music/singing
- Pop-up/sound books
- Look-and-find books
- Bubbles
- Pinwheels
- Counting
- Talking about favorite things
- Kazoo/horn
- ViewMaster

SCHOOL-AGE CHILDREN (6-11 years)
- Speaking in a calm voice
- Music
- Talking about favorite things
- Squeezing a ball
- Magic wand
- Taking slow, deep breaths
- Electronics (phone, handheld device)
- I-Spy books

ADOLESCENTS (12-18 years)
- Music
- Electronics (phone, handheld device)
- Taking slow, deep breaths
- Squeezing a ball
- Talking about a favorite place, activity or thing
- Relaxing muscles
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