

# Comfort positions



## ◀ Chest-to-chest

- Best for small children who need distraction and prefer not to watch procedure.
- Allow the child to straddle parent or staff and have a secure “hug.”



## ▲ Side sitting

- Best for older children who may want to watch while feeling secure.
- Use when child can't straddle parent or staff.

## Swaddle ▶

- Best for young infants.
- When possible, have the caregiver hold the infant.



## ◀ Side hug

- Best for when a child needs to remain lying down.
- Parent may lay in bed next to patient.



## ▲ Back-to-chest

- Best for older children who want independence, but need to be held.
- Secure both arms for procedures like a port access or NG tube placement.

## Full body hug ▶

- Best for when a child has needs that require extra support.
- Use when a child's lower and upper body need help staying secure.



**ASK A CHILD LIFE SPECIALIST OR NURSE** which position might be right for your child.