



Comfort Positions

Comfort Positions	Description	Suitable for
<p>Cradle</p> 	<ul style="list-style-type: none"> Hold your child close to your chest and wrap one arm across your child's back Secure one of your child's arm under your arm Use your other hand to hold onto your child's lower back while gently locking one or both your child's legs 	<ul style="list-style-type: none"> Children aged 0 to 2 years Medical procedures such as: <ul style="list-style-type: none"> - Examination of the ear/nose/throat - Temperature taking - BP taking - Wound dressing (legs/arms) - IV setting - Injections - Medicine feeding
<p>Side by side</p> 	<ul style="list-style-type: none"> Stand by the side and hug your child closely Wrap one arm across your child's back and secure one of your child's leg With your other arm, reach across your child's lap while securing both your child's arms and his other leg 	<ul style="list-style-type: none"> Children aged 1 to 3 years Medical procedures such as: <ul style="list-style-type: none"> - Examination of the ear/nose/throat - BP taking - Wound dressing (legs/arms) - IV setting - Injections
<p>Back to chest</p> 	<ul style="list-style-type: none"> Let your child sit on your lap Secure your child's legs by tucking them in between yours Use one hand to hug your child across the torso while securing one of your child's arm Support your child's extended arm with the other hand 	<ul style="list-style-type: none"> Children aged 3 years and above Medical procedures such as: <ul style="list-style-type: none"> - Examination of the ear/nose/throat - Full blood count - IV setting - Immunisations
<p>Leg cuddle</p> 	<ul style="list-style-type: none"> Let your child sit in between your legs Hold your child's legs with yours Hug your child from the back and hold your child's arms with both arms 	<ul style="list-style-type: none"> Children aged 3 years and above Medical procedures such as: <ul style="list-style-type: none"> - Examination of the ear/nose/throat - NG tube insertion - Injections - Wound dressing
<p>Chest to chest</p> 	<ul style="list-style-type: none"> Let your child sit on your lap, facing you Let your child's legs flank your body Wrap both arms around your child Tuck one of your child's arm under yours Support your child's extended arm with one hand 	<ul style="list-style-type: none"> Children aged 3 years and above Medical procedures such as: <ul style="list-style-type: none"> - Examination of the ear/nose/throat - Full blood count - IV setting - Wound dressing - Immunisations

Comfort positions are ways to hold your child during medical procedures. These positions are typically adopted by parents or caregivers to help soothe the child by offering security, positive assurance and comfort. Comfort positions reduce anxiety, pain and discomfort during medical procedures. We encourage you to observe how these simple steps can make a difference to your child.

Good to know

Age-appropriate distraction techniques:

Infant (up to 2 years old):

- Swaddle your baby
- Stroke your baby gently
- Coo/sing softly
- Give your baby a pacifier dipped in sugar water
- Hold a toy that lights up

Toddler/Preschooler (2 to 6 years old):

- Read a pop-up or I-Spy book
- Blow bubbles
- Count
- Watch a cartoon or musical
- Play with cause-and-effect toys

Early schooling age (6 to 12 years old):

- Talk about a favourite hobby, an activity or cartoon
- Read comic or I-Spy books
- Hold a squeeze ball
- Take deep breaths

Adolescent (12 years old and above):

- Discuss about a calm and safe place (Guided Imagery)
- Listen to music
- Play hand-held games
- Hold a squeeze ball
- Take deep breaths

Procedural support tips:

- Be honest
- Speak in a calm and quiet voice
- Use simple language and avoid "over talking"
- Treat the child as an equal – do not speak down to the child
- Pat and reassure your child
- Involve caregivers
- Ask the child if he wants to look at the procedure or if he would prefer to look away
- Ask the child how he would like to be comforted
- Give the child small opportunities to participate (eg. "Can you hold the plaster for me?" or "Can you hold the glove for me?")
- Praise the child for being cooperative or brave throughout the procedure