

Comfort Cuddles - *Bubs and Tods Edition*



Comfort cuddles are ways to hold your baby/toddler during medical procedures. These positions are typically adopted by parents or caregivers to help soothe them by offering security, positive assurance and comfort.

We encourage you to observe how these simple steps can make a difference to your baby/toddler.

Type of Cuddle

Description

Sit and Cuddle



- Sit on the chair and use a swaddle
- Place the baby's IV-hand under the caregiver's arm
- Caregiver to hug the baby across the body so that the baby's other arm and legs are secure

Tag Team Cuddle



- Lay baby/toddler on the bed
- Caregiver to support chest, head and non-IV arm
- Nurse to support the baby's lower body and IV-hand

Chest to Chest Cuddle



- Hug the toddler so that his/her chest rests firmly against the caregiver
- Toddler's feet are also firmly secured against the caregiver's chest
- Caregiver to support toddler's head and shield him/her away

Good to know

Age-appropriate distraction techniques

Infant and Toddlers (up to 3 years old):

- Swaddle and cuddle your baby
- Sing softly
- Shake a rattle
- Hold a toy that lights up/has music
- Read a pop-up book

Procedural Support Tips

- Use a soft, gentle tone
- Remain calm
- Ask for a short break if needed