

# Infant positioning: Promoting comfort

## Non-Nutritive Sucking: infant's natural response to stress >

- Offer pacifier/ if mother is breastfeeding put infant to the breast during the procedure.
- Allows close face contact with parent.



## < Swaddling: Most suitable for infants 0–3 months

- Swaddle infant leaving limb accessible for the procedure.
- Promotes self-calming.
- Used in conjunction with pacifier or sucrose.
- After procedure, swaddle infant to promote calming and recovery.

## Facilitated Tucking and Containment: > Provides boundaries which promote a feeling of safety

- Acts as a comfort measure and minimises distress.
- Allows for positive interaction with parent and observation of infant.
- Used in conjunction with distraction.
- Offer pacifier or sucrose during the procedure.

Infant's arms or legs tucked in sheet.



Containment promotes boundaries, it can be used for procedures or daily care.

