



positioning for procedures

With a little creativity, these positions can be adapted to suit the child or procedure

Principles:

- 'Hugging hold' is secure and comforting
- Adult provides positive assistance, not negative restraining
- Upright position promotes sense of control and security
- Body/extremity is isolated and allows easy/safe access

A



Children > 6 months prefer being upright

- The child sits on the treatment bed or adult's lap
- The adult uses 'Hugging hold' to contain torso and feet
- For infants and toddlers: bubbles, singing, parental support, sucrose, interactive toys/books that pop up/ make sounds

B



- The child is positioned 'Hugging hold' with the adult's arm around the child's torso and free arm
- The adult is positioned directly behind the child
- The adult's free hand on the shoulder or forearm of the child

C

- The child sits on the adult's lap
- The adult's arm placed around the child's torso and free arm - 'Hugging hold'

D

- The adult sits on the treatment bed or chair
- The child positioned 'Hugging hold' facing the adult
- Important that the adult remains close to soothe and comfort the child
- Variations to this position: the child sits with their back against the adult's chest or sits sideways across the adult's lap

E

- The adult sits behind the child and remains close to soothe, comfort or distract the child
- Depending on the procedure, the child is positioned sitting upright, lying down or sideways
- Useful for pin care, catheters, dressings, drain removal, plaster, injections, intravenous insertion, blood work or port/central line access

What else helps?

- Prepare the child before the procedure
- Provide the child with the option to look or not during procedure
- Distraction e.g. books, toys, video games, music, singing
- Stories and questions about personal interests e.g. school or sports
- Deep breathing exercises or deep belly breaths while blowing a windmills, bubbles or imaginary candles on cake
- Pain relief and sucrose