

COMFORT POSITIONS

Comfort positioning allows children to sit up during procedures, helping them feel safer, and more in control. This can be a great way to decrease anxiety and create a more positive experience.



TOTALLY TURTLE

In this position, the parent or caregiver acts as the child's outer shell. The caregiver sits on the exam table with both legs straddling off the table. The child sits in between the caregiver's legs, facing the health care provider. Both of the child's arms should be crossed in front of their chest with the caregiver giving them big, secure hug.



FUNKY MONKEY

In this position, the parent or caregiver acts like a monkey hugging onto a banana tree. The child is sitting on the edge of the exam table with both legs hanging off the end. The child's arms should be crossed in front of their chest. The caregiver is standing at the side of the exam table with their arms wrapped securely around the child's chest.



BUTTERFLY KISSES

In this position, the parent or caregiver acts as a butterfly wrapping their wings around the child. The child lies with their back on the exam table and legs hanging off the end. The caregiver is standing on the side of the table, leaning over the child and scooping their upper body into their arms.

Your provider can help you choose a position that will work best for your child. These positions work best for children receiving pokes in their upper thighs.



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