

# Let's talk about...

## Supporting Children with Needle Procedures

Helping kids with needle procedures isn't always easy, but there are ways to help make it better.

### Here are some tips for your child's next procedure:

- **Stay Calm:** Kids can sense when you are nervous. Try to stay calm and upbeat to help them feel safe.
- **Ask About the "Comfort Commitment":** This is a 4-step plan to help kids know exactly what will happen so they can feel prepared and involved in creating the coping plan.
- **Give Them Choices:** Let your child feel in control. Ask if they want to sit in a "comfort position" (like on your lap) or if they want to watch the procedure or look away.
- **Use Distractions:** Help children choose a distraction method if they would like. If they are too young to choose on their own, it can be helpful to sing a song, blow bubbles, or play with a toy together.
- **Ask About Numbing:** There are special creams or tools that make the needle hurt less. Ask the care team what options they have.
- **Request a Specialist:** Ask if a "Child Life Specialist" is available. Their job is to help kids feel supported during medical visits.



### Comfort Positions



For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>