



Comfort Positions

Young people and research tell us comfort positions can make medical procedures more safe, increase cooperation and minimise distress.

As parents and carers, you know your child best. Discuss with our staff what will help make your child feel safe and comfortable during your visit.

Some comfort positions include:



Koala cuddle



Back to chest



Side lying



Cradle or side sit

Top tips for parents and carers:

- Supporting kids in **upright or side lying positions** can help them feel safer and notice pain less.
- **A stable caregiver = a stable child.** Have your feet flat on the floor or ensure your body is well supported with the bed or chair.
- **Calm is contagious.** Take slow, deep breaths and help your child to do the same.
- **Use comforting touch.** Provide enough of a cuddle that your child feels held and safe, not restrained.
- Your child has a right to be informed about what happens to their body. Involving your child in the discussion about **how** this happens matters.
- **Every child is unique.** Discuss your options with your treating team.
- Complete a **KKIND Comfort Plan** if needed.
Scan the QR code to download the Plan.

