

Comfort Positioning

One of the best ways to help children feel calmer and reduce discomfort is simply by having you nearby. This guide explains how we can keep children safe during procedures while helping them feel **comforted and supported**. Take **slow, steady breaths** and relax as much as possible. Children often pick up on how the adults around them are feeling.

Side Sit



Your child sits on your lap with both legs to one side. Gently wrap your arms around them in a comforting hug to help keep their arms still. They can choose to watch the procedure or look away.

Back to Tummy Sit



Your child sits on your lap facing away from you. Gently wrap your arms around them in a comforting hug. If needed, you can also use your legs for extra support. Older children can sit on a chair or bed while you support them from behind.

Tummy to Tummy Sit



Your child sits on your lap facing you, with their legs around your waist. Gently wrap your arms around them in a secure, comforting hug to help keep their arms still. This position can also work well for older children.

Back to Tummy Table Sit



Your child sits on a table while you hug them from behind, gently keeping their arms still. For smaller children, you can also help keep their legs still.

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