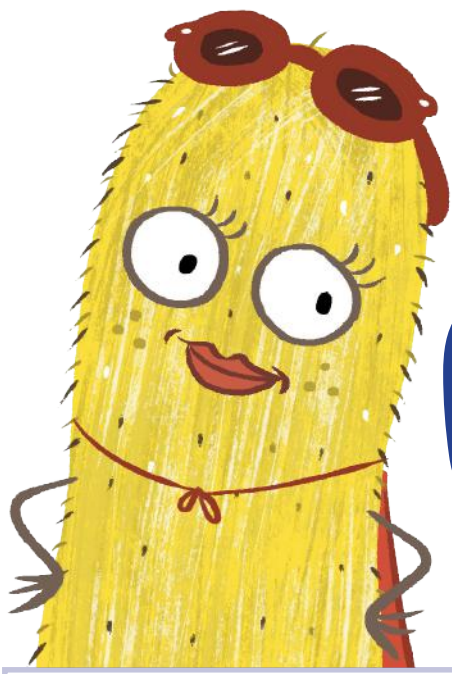




CREATE COMFORT

FOR KIDS DURING NEEDLE POKES!



① CALM YOURSELF!



TAKE A
**DEEP
BREATH**



SMILE!

**RELAX
THOSE
SHOULDERS!**



**YOUR CALM
HELPS YOUR
CHILD BE CALM**

② MAKE A PLAN!



GIVE THEM CHOICES!

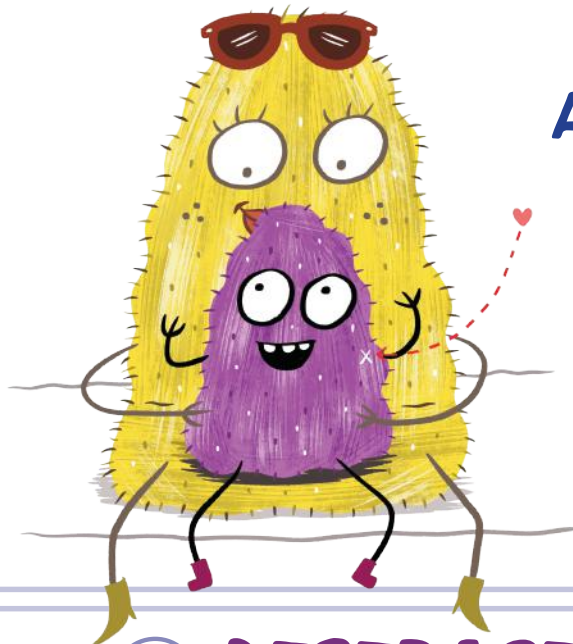
CREATE A PLAN USING STRATEGIES **THEY** WANT TO USE TO MAKE THEMSELVES COMFORTABLE AND FEEL MORE IN CONTROL.

③ LITTLE HELPERS!



RESEARCH SAYS THAT
**COLD, VIBRATIONS, RUBBING, OR PUTTING
NUMBING CREAM** ON THE SKIN BEFORE A POKE REALLY WORKS!
NUMBING CREAM CAN TAKE TIME THOUGH, SO **PLAN AHEAD!**

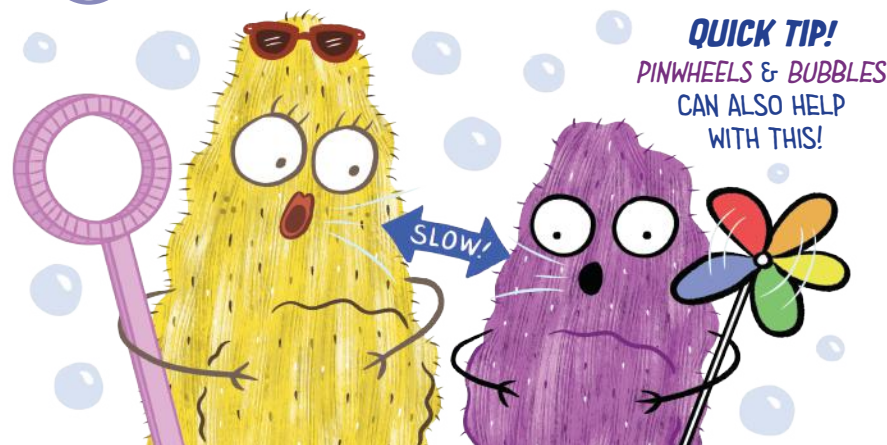
④ COMFORT POSITIONS



**NEVER HOLD
A CHILD DOWN
FOR MEDICAL
PROCEDURES!**

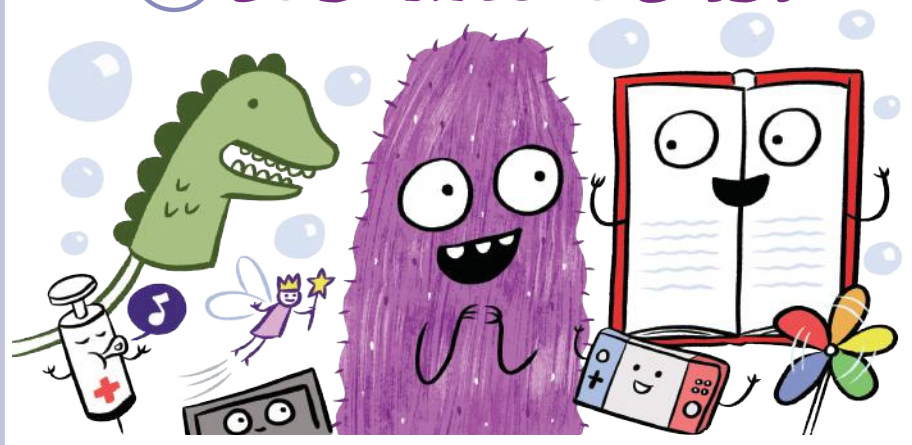
CHECK OUT OUR
WEBSITE FOR
WAYS TO HOLD YOUR
CHILD SO THEY CAN
BE SAFE, CALM,
AND COMFORTED.

⑤ BELLY BREATHING!



USE **SLOW DEEP BREATHS** TO KEEP
YOUR CHILD ON PACE AND IN CONTROL

⑥ DISTRACTIONS!



TAKE ADVANTAGE OF YOUR KID'S NATURAL ABILITY TO GET DEEPLY ABSORBED!
VIDEOS, TOYS, AND ACTIVITIES CHANGE THE WAY THEY EXPERIENCE PAIN.
HAVE THEM CHOOSE SOMETHING TO WATCH OR DO BEFORE AND DURING A POKE!



for detailed information, check out
megfoundationforpain.org



Meg Foundation
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN