

10 WAYS *to* HELP YOUR CHILD *get* THROUGH CHALLENGING PROCEDURES

STAY CALM AND COPE ON...

Try some of these comfort positions for safety and support.



Ask to use the numbing cream- Maxifene!



Make a plan with your child's health care team before the procedure and ask to see a Child Life Specialist for other ways to help



FOR MORE TIPS
& INFORMATION



HELP WITH
INFANTS