

# Reducing pain without medicine



## Ways to distract, relax, and calm your child

There are many ways to help children with their worry and pain. Here is a list of things you can do to help comfort your child. Child Life Specialists are also available to help. They help children learn about and cope with tests and treatments or pain.

### Infants

- Hold or swaddle your baby.
- Change your baby's position.
- Use a special toy or blanket as a security object.
- Offer a pacifier.
- Reduce noise in the room.
- Use rattles or toys that make sounds to distract your baby.
- Use massage
- Dim the lights or pull the shades.
- Sucrose (sugar water) may be used.
- Play music or sing.

### Toddlers

- Play music, sing songs or say nursery rhymes.
- Hold, pat or massage your child.
- Use stuffed toys, a blanket or other security objects.
- Use a pinwheel, light-up or motion toy to distract.
- Use pop-up or sound books.
- Blow bubbles.
- Dog therapy.

### Pre-Schoolers

- Hold, pat or massage your child.
- Talk about favorite things (TV shows, pets, family, and toys).
- Pop-up and sound books.
- Say the ABCs or count.
- Blow bubbles and pinwheels.
- Play music and movies.
- Dog therapy.
- Use your child's security object.
- Color/Play doh
- Use look and find or other books.

### School-age and teens

- Ask your child what would help the most.
- Watch movies or cartoons.
- Focus on breathing slowly and deeply.
- Do puzzles (Sudoku, crosswords).
- Listen to music.
- Talk about favorite things and help them imagine or picture themselves somewhere else.
- Squeeze a stress ball or ball of clay.
- Change their position and offer more pillows.
- Create art.
- Play video games.
- Use massage.
- Dim lights or pull shades.
- Limit noise.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**