



Official
**PAIN
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Comfort Promise Toolkit

DISTRACTION GUIDE

HOW TO USE DISTRACTION AND
PLAY TO MAKE YOUR CHILD'S IWK
EXPERIENCE BETTER



IWK Health

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BENEFITS OF USING DISTRACTION

Research shows that using distraction tools and techniques in the healthcare setting can:

Reduces anxiety now and for future appointments

Increases cooperation

Reduces experience of pain



WHAT IS MEDICAL PLAY?

The use of toys, medical tools, and play to teach kids about different healthcare processes

Benefits:

- Builds trust between children & healthcare workers
- Allows children to explore & learn about healthcare
- Reduces children's fear & anxiety about healthcare



DURING THE TEST / ASSESSMENT

Select Distraction Tools Based on the Child's Developmental Age

Babies (0-12 months)

Soft Music
Rattles
Swaddling or Cuddling
Soothing Voices / Touch

School Age (6-12 years)

Jokes/Riddles
I Spy
Squeeze Toys/ Stress ball
Watching Movies
Bubbles/Deep Breathing
Music
Electronic Games

Toddlers & Preschoolers (1-5 years)

Bubbles
Musical/Light Up Toys
Cuddling
Singing or Storytelling
Watching Movies

Teens (13+ years)

Watching Movies
Music/Using Headphones
Electronic Games
Squeeze/Stress Balls
Deep Breathing
Imagery
Muscle Relaxation



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**JUST ASK
US!**

ASK ABOUT DISTRACTION KITS

Pain Champions & ChildLife are working hard to make distraction kits available throughout the health center!

