



Official  
**PAIN  
CHAMPIONS**

# Comfort Promise Toolkit

# POSITIONING GUIDE

HOW TO HELP YOUR CHILD INTO A  
COMFORTABLE & SAFE POSITION  
DURING MEDICAL TESTS



IWK Health

## COMFORT POSITIONS FACTS

### **Upright is best**

*Children feel safer & more in control*

*More likely to cooperate*

### **Being Close to a Caregiver**

*Provides physical + emotional support*

### **Demonstrating Calmness**

*More likely to be calm & cooperative  
when their caregivers model this*

**NOTE:** Children  
feel most  
vulnerable when  
lying down for  
tests and  
assessments



## TALK TO THE TEAM ABOUT:

### Test or Assessment Requirements

*How does the team need to approach your child?*

*Does your child need to be still?*

*What is needed for the test/assessment?*

### Options

*What positions has the team used before?*

*What are the different choices for the child?*

### “How Can I Help?”

*Tell them what you are comfortable with and what you are not*

**TIP:** Whenever possible, allow your child to choose their position.



## **DURING THE TEST/ASSESSMENT**

### **Go In with A Plan**

*Ask your team what the comfort plan is*

### **Comfort First**

*Help your child get comfortable before starting*

### **Be still, Be Fast**

*Help your child remain still*

*Allow the team to be quick & effective*

### **Praise and Support**

*Use positive language*

*Keep focus off the process*

**TIP:** Use  
distraction  
tools when  
possible



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## ASK ABOUT DISTRACTION KITS

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

**JUST ASK  
US!**



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