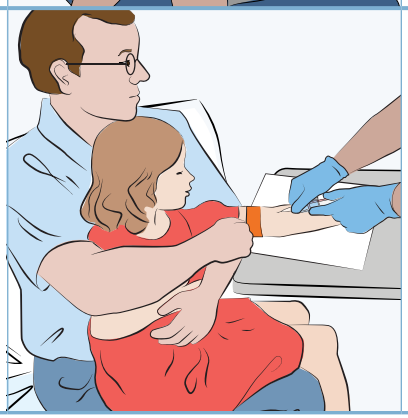
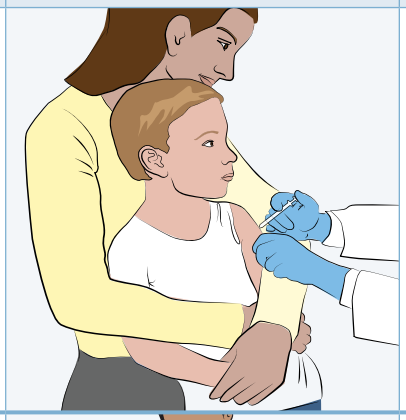
Comfort Holds for Procedures

FACT SHEET

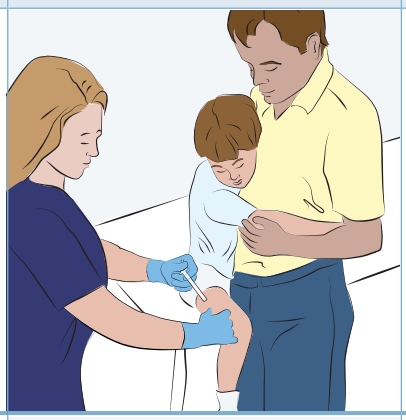
Intermountain Children's Health

Position Name	Image	Description
Chest-to-Chest Hug **Gives the medical team access to patient's arm, leg or back** **Common procedure:** Intramuscular injection, Intravenous / blood draw		Place your child facing you on your lap. Wrap your child's legs around your waist and support their head. Your child's arm can go under your arm (as shown) or over your shoulder. Your child can turn their head toward the procedure or away from it.
Chest-to-Chest Hug **Gives the medical team access to patient's arm, leg or back** Common procedure: Intramuscular injection, Intravenous / blood draw		Place your child facing you on your lap. Wrap your child's legs around your waist and support their head. Your child's arm can go under your arm (as shown) or over your shoulder. Your child can turn their head toward the procedure or away from it.
Side Hug **Gives the medical team access to patient's arm or thigh** **Common procedure:** Intramuscular injection, Intravenous / blood draw		Place your child sideways on your lap. Secure your child's arms with your own. Hold your child's hand.
Side Hug **Gives the medical team access to patient's arm or thigh** **Common procedure:** Intramuscular injection, Intravenous / blood draw		Place your child sideways on your lap. Secure your child's arms with your own. Hold your child's hand.

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Position Name	Image	Description
Back-to-Chest Hug **Gives the medical team access to patient's arm, chest** **Common procedure:** Intramuscular injection, Intravenous / blood draw, port access		Place your child on your lap so their back rests on your chest. Secure your child's arm with your own. You may also secure your child's legs by placing your legs on top of your child's.
Back-to-Chest Hug **Gives the medical team access to patient's arm, leg or back** **Common procedure:** Intramuscular injection, Intravenous / blood draw, port access		Place your child on your lap so their back rests on your chest. Secure your child's arm with your own. You may also secure your child's legs by placing your legs on top of your child's.
Swaddle Hug **Gives the medical team access to patient's limb; limb not being examined, tuck in swaddle** **Common procedure: Intramuscular injection, Intravenous/blood draw**		Wrap your child in a swaddle with all limbs tucked inside, except the one(s) being injected. Hold your child in a comforting position.
Side-by-Side Hug **Gives the medical team access to patient's arm, chest** **Common procedure: Intramuscular injection, Intravenous/blood draw, port access**		Sit on the bed next to your seated child. Hug your child's shoulders securely. You can also hold their hand.

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Position Name	Image	Description
Stomach Hug **Gives the medical team access to patient's arm or thigh** **Common procedure:** Intramuscular injection		Seat your child on the edge of the bed or exam table. Wrap your child's arms around your stomach. Hold your child's arm in place with a firm hug.
Sledding Hug **Gives the medical team access to patient's private area, inner thigh** **Common procedure:** Urinary catheter insertion, pelvic exam		Place your child on your lap so their back rests on your chest. Secure your child's arm with your own. You may also secure your child's legs by placing your legs on top of your child's ankles.
Shoulder Hug **Gives the medical team access to patient's mouth, nose, ears** **Common procedure:** Nasal swab, NG insertion, suction		If the medical team needs access to your child's mouth, nose, or ears, you can hold your child over your shoulder. A second staff member may need to hold your child's head during the procedure.
Knee-to-Knee Hold **Gives the medical team access to patient's mouth, nose, face, and head** **Common procedure:** ENT Exam, Dental Exam		Sit knee-to-knee with the medical caregiver and lay your child so their back rests on your lap. Put your child's legs around your waist and hold their hands with your own.

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