



UCSF Benioff Children's Hospitals

The Comfort Promise

We promise to do everything possible to prevent and treat needle pain. For every child. Every time.

No one wants to see their child in pain. That's why – whether your child needs a vaccine, a blood draw or an IV catheter placement – our experienced and compassionate staff partner with you and your child to use simple pain-reduction tools and techniques that work for your family.

Our Comfort Tool Kit

The tools we use – and how we use them – vary by developmental age and what's best for your child. You'll find more details about each one on our website.



Numbing cream

Makes needle procedures less painful



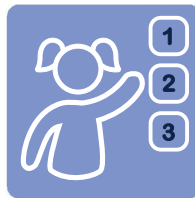
Comfort positions

Helps children feel calm and secure



Distractions

Puts the focus on an entertaining activity



Choices

Provides the patient with some sense of control



Breastfeeding or sugar water

Soothes and reduces babies' pain



Memory-shaping

Frames the experience in a positive way

To learn more, visit ucsfbenioffchildrens.org/comfort-promise



Please fill out and detach the coping card on the right and bring it with you to your appointments.

I also want you to know

Date

Date of birth



MY COPING PLAN

Name/Pronouns

Additional Tips

If you're looking for even more ways to help your child cope with the pain and anxiety of a needle procedure, consider these supportive practices:

- Help your child understand what to expect. Explain that the procedure is needed to help their body be healthy. Don't claim that it won't hurt. Instead, try saying, "You may feel a pinch or pressure, and you can use [child's preferred distraction] to make it easier."
- Give your child a job to do. For example, let them know that their job is to keep their arm still or to squeeze your hand.
- Have them try deep breathing. Encourage your child to take calming breaths before the procedure, and use big exhales to "blow away the pain" while it's happening.



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When Your Child Needs Extra Support

If the comfort tools and techniques we offer don't make needle pain manageable for your child, talk with us about other options.

These may include:

- Therapeutic play
- Relaxation techniques
- Additional preparation and coping support from our child life specialists
- Behavioral health treatment
- Calming medication



The Comfort Promise is brought to you by the Stad Center for Pediatric Pain, Palliative and Integrative Medicine.



My Choices

- No information
- Limited information
- Tell me everything
- Step-by-step explanations

My Coping Preferences

- Left arm Right arm
- Numbing cream
- Heat
- My own comfort item

- Count down
- I want to watch
- Thumbs up = ready
- Thumbs down = need a break

- Imagery/breathing exercises
- Comfort hold (list preference)

My Distraction Preferences

- Stress ball/fidgets
- Distraction cards
- Light spinner
- Distraction app

For Infants

- Swaddle
- Sucrose (sugar water)
- Breastfeeding
- Skin to skin

- Bubbles
- My own electronic device
- Conversation
- Other:

- Therapeutic touch
- Comfort hold (list preference)