



Job Aid

A just-in-time resource supporting job performance

Pain Management: Non-Pharmacological Therapies in the Management of Pediatric Pain

Developmentally Appropriate Pain-Management Strategies

Age	Preparation	Sensory	Cognitive/Behavioral	Imagery
Infants	<ul style="list-style-type: none"> • Reduce lighting • Reduce noise • Create soothing smells and sounds • Cluster procedures • Perform painful procedures outside of the infant's bed or room 	<ul style="list-style-type: none"> • Kangaroo care • Oral sucrose • Non-nutritive sucking • Cuddling • Massage • Swaddling • Rocking • Music • Visual distractions 	<ul style="list-style-type: none"> • Holding a toy or comforting object • Providing action objects and toys • Watching bubbles blown by an adult 	Not applicable
Toddlers	<ul style="list-style-type: none"> • Provide short, age-appropriate information immediately before procedure • Provide developmentally appropriate answers to questions 	<ul style="list-style-type: none"> • Non-nutritive sucking • Cuddling • Massage • Rocking • Music • Visual distractions • Art • Play 	<ul style="list-style-type: none"> • A toy to hold • Action objects and toys • Bubble blowing by adult • Songs and nursery rhymes • Pop-up books • Puppets 	<ul style="list-style-type: none"> • A toy to hold • Action objects and toys • Bubble blowing by adult • Songs and nursery rhymes • Pop-up books • Puppets



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Preschool	<ul style="list-style-type: none"> • Provide age-appropriate information close to time of procedure • Provide developmentally appropriate answer to questions 	<ul style="list-style-type: none"> • Cuddling • Massage • Rocking • Music • Art • Visual distractions • Hand holding • Cold/heat 	<ul style="list-style-type: none"> • A toy or comforting object to hold • Action objects and toys • Bubble blowing by adult or child • Songs and nursery rhymes • Pop-up books • Puppets • Videos 	<ul style="list-style-type: none"> • Story telling • Pretending • Magic glove
School-age	<ul style="list-style-type: none"> • Provide age-appropriate information up to one day in advance • Provide choices when possible 	<ul style="list-style-type: none"> • Cuddling • Massage • Music • Yoga • Art • Play • Visual distractions • Hand holding • Cold/heat • Aromatherapy • Squeezing clay 	<ul style="list-style-type: none"> • A toy or comforting object to hold • Action objects and toys • Bubble blowing by adult or child • Videos or video games • Counting • Breathing exercises • Progressive muscle relaxation • Biofeedback • Arts and crafts 	<ul style="list-style-type: none"> • Story telling • Pretending • Guided imagery activities such as a magic glove • Hypnosis and/or meditation



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Adolescent	<ul style="list-style-type: none">• Ensure a private setting• Prepare in advance• Discuss reason for procedure• Allow choices where possible	<ul style="list-style-type: none">• Music• Visual distractions• Hand holding• Cold/heat• Aromatherapy• Art• Squeezing clay• TENS• Yoga• Massage	<ul style="list-style-type: none">• Videos or video games• Counting• Breathing exercises• Progressive muscle relaxation• Biofeedback	<ul style="list-style-type: none">• Story telling• Guided imagery activities such as a magic glove• Hypnosis
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