

# Comfort Holds

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Comfort holds help your child feel safe during stressful situations, letting them know you're there for them.



Infant Hold

Breastfeeding moms can feed or give the baby a pacifier during the procedure.

- Practical up to 8 - 12 months old
- For vaccines, blood draw, IV placement, nasal/throat swabs



Sideways Lap Sit

Caregiver can snuggle with their child.

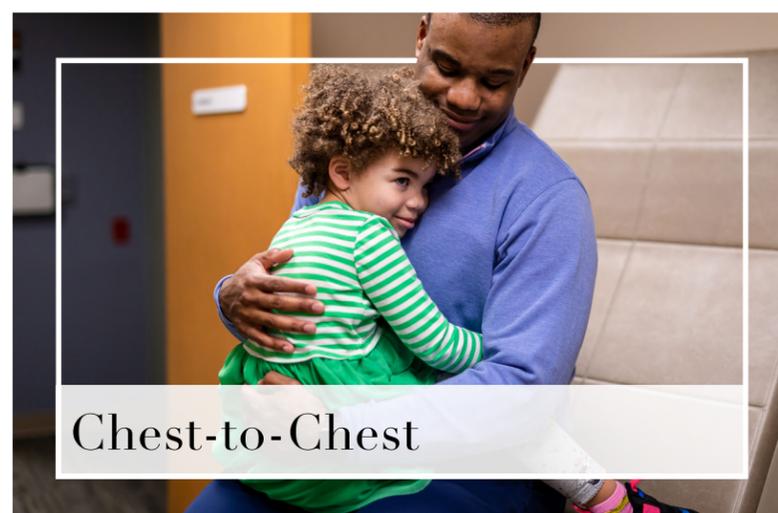
- Great choice for children 4 years and older
- For vaccines, ear exam, nasal/throat swabs



Back-to-Chest

Child sits on their caregiver's lap and gets a hug.

- Ideal for most children over 12 months old
- For vaccines, blood draw, IV placement, nasal/throat swabs



Chest-to-Chest

Caregiver gives the child a big hug.

- Not recommended for toddlers
- For vaccines, finger stick



Swaddle Hold

Caregiver hugs the child's arms and wraps legs over the child's legs.

- Works well for children who are fidgety
- For IV placement, blood draw, nasal/throat swabs, nasogastric tube placement

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Your medical staff will suggest the hold that's best for today's visit. You should continue the hold until you're told the procedure is complete.

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