



## Comforting your Baby during Minor Painful Procedures

During your hospital stay, your baby may have procedures like injections and blood tests. There are several ways you can help reduce your baby's pain and stress. You know your baby best and can help them feel comfortable and safe.

Here are **some helpful tips** you can use to comfort your baby before, during, and after medical tests and procedures.

### Before the procedure:

- Ask your health care team about the procedure and plan how you will provide pain relief and comfort.
- Ask your nurse when the blood test will be done. Hold and snuggle your baby skin-to-skin for at least 10-15 minutes before the lab personnel arrive.

### During the procedure:

- Hold your baby skin to skin and breastfeed. Feeding your baby during the procedure can provide comfort and help reduce pain.
- If you are unable to hold your baby skin-to-skin and/or breastfeed:
  - Have a family member or nurse hold your baby.
  - Gently wrap your baby to provide comfort.
  - Let your baby suck on your clean finger while being held.
- Provide drops of milk when they are sucking. This helps babies self-soothe and is calming.
- If holding is not possible, place your baby in the bassinette. Gently wrap and offer your clean finger and/or place your hands at your baby's head and bottom.
- Gently talk, sing, or hum. Hearing your voice and seeing your face is comforting to your baby.



### After the procedure:

- Continue with the comfort strategies after the procedure. This will soothe and comfort your baby.

**Remember:** You are your baby's best comfort. Your baby will have less pain and stress, cry less and settle more quickly with these calming techniques.

**Questions?** Ask your nurse if you have additional questions.