

Comfort Hold Techniques

Comfort hold techniques are a great way to make your child feel comfortable during a procedure. These holds are meant to make your child as relaxed as possible and keep them still during the procedure. Make sure to stay in position until the procedure is completely over.

Back-to-Chest is good for hand and arm procedures.

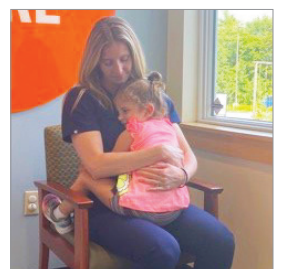
- Place your child on your lap facing away from you with their arm under your arm.
- Your child can turn their head away or toward the procedure.



Back-to-Chest

Chest-to-Chest is also good for hand and arm procedures.

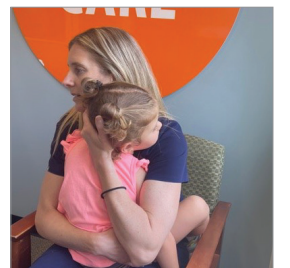
- Place your child on your lap facing you with their legs wrapped around your waist.
- Their arm can go over or under your arm.
- Your child can turn their head away or toward the procedure.



Chest-to-Chest

Shoulder Hug is best for mouth, nose, and ear procedures.

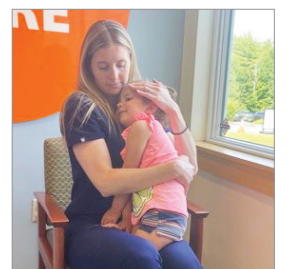
- Place your child on your lap facing you with their legs wrapped around your waist.
- Support their head looking over your shoulder.



Shoulder Hug

Sideways Lap Sit is best for leg and ear procedures.

- Place your child on your lap facing sideways towards the provider.
- Secure your child's arm with your own and secure their legs between your own legs.



Sideways Lap Sit

Supine Hold is best for face and head procedures.

- Lay down on the exam table and place your child in between your legs.
- Allow your child to rest their head on your chest.
- Secure your child's arms with your own and place your legs on top of the child's ankles.
- Your child can turn their head away or toward the procedure.



Supine Hold