When can Positions for Comfort be used?
Positions for Comfort allow the patient to feel secure during an unpleasant event. The child is positioned on an adult’s lap and held tightly.

**Joey Position**
Suggested for:
- IV start
- Blood draws
- Injections
- Nasal Gastric tube
- Ear/nose/throat exam

**Bear Hug**
Suggested for:
- IV start
- Blood draws
- Hand/arm laceration
- Injections

Feel free to contact the Child Life and Education Department with any questions at 501-364-1412.
What is Child Life?
Child Life Specialists are educated in child development and family systems. Child Life Specialists help to reduce the stress and anxiety children face with in the hospital. There are assigned Child Life Specialists for each inpatient unit and most clinics.

What Child Life services are available in clinic?
Child Life Specialists can provide many services to patients in the clinics. Services provided:
- Medical play
- Emotional support
- Pill swallowing
- Incentive programs
- Distraction during procedures
- Procedural teaching and preparation (injections, blood draws, etc.)

How can I ease my child’s fears during clinic visits?
- Tell your child what to expect
- Help to remind your child to take deep breaths
- Use a toy, blow bubbles, sing or read to help distract your child
- Use a Position for Comfort with your child during needle sticks

How can I help my child cope once we get home?
Encouraging your child to play with a doctor’s kit can help reduce your child’s fears of medical equipment. Also, giving your child appropriate choices such as choosing which drink to take with medicines can give your child a sense of control. Encouraging your child to openly talk about hospital fears. Be honest with your child, but keep information simple.

What if my child becomes an inpatient?
If your child is in the hospital, your Child Life Specialist can:
- Assist with coping
- Help with behavior
- Provide teaching before a procedure or surgery
- Help with fear of needles
- Encourage play and socialization

The Child Life and Education Department can help inpatients in many ways. Other services available:
- Artists can provide art activities at bedside or in the playroom
- Teachers are available to help with school needs
- Patient Activity Specialists can provide toys and games

Remember: Child Life is available every day of the week.