

Read to child during soaks; sing with child; or play game, such as cards, checkers, or other board game (if both hands are immersed, move board pieces for child).

Sitz bath: Give child something to listen to (music, stories) or look at (View-Master, book).

Punch holes in bottom of plastic cup, fill with water, and let it “rain” on child.

Injections

Let child handle syringe, vial, and alcohol swab and give an injection to doll or stuffed animal.

Draw a “magic circle” on area before injection; draw smiling face in circle after injection but avoid drawing on puncture site.

If multiple injections or venipunctures are planned, make a “progress poster”; give rewards for predetermined number of injections.

Have child count to 10 or 15 during injection.

Ambulation

Give child something to push:

- Toddler: Push-pull toy
- School-age child: Wagon or a doll in a stroller or wheelchair
- Adolescent: Decorated intravenous (IV) stand

Have a parade; make hats, drums, and so on.

Extending Environment (e.g., for Patients in Traction)