

Specific Strategies

Distraction

Involve parent and child in identifying strong distractors.

Involve child in play; use radio, tape recorder, CD player, or computer game; have child sing or use rhythmic breathing.

Have child take a deep breath and blow it out until told to stop.

Have child blow bubbles to “blow the hurt away.”

Have child concentrate on yelling or saying “ouch,” with instructions to “yell as loud or soft as you feel it hurt; that way I know what's happening.”

Have child look through kaleidoscope (type with glitter suspended in fluid-filled tube) and encourage him or her to concentrate by asking, “Do you see the different designs?”

Use humor, such as watching cartoons, telling jokes or funny stories, or acting silly with child.

Have child read, play games, or visit with friends.

Relaxation

With an infant or young child:

- Hold in a comfortable, well-supported position, such as vertically against the chest and shoulder.
- Rock in a wide, rhythmic arc in a rocking chair or sway back and forth, rather than bouncing child.
- Repeat one or two words softly, such as “Mommy's here.”