



FIG 5-5 Sucking following oral sucrose can enhance analgesia before a heel stick in a preterm infant.



FIG 5-6 Mother using kangaroo hold with her newborn infant. Note placement of the infant directly on the mother's skin.

If the child cannot identify a familiar coping technique, the nurse can describe several strategies (e.g., distraction, breathing, guided imagery) and let the child select the most appealing one.