

infants who were not soothed. Caregiver soothing did not impact infant distress, but physical soothing (e.g., picking up the infant or rocking) is encouraged because it promotes infant-caregiver bonding and trust elements that have long-term implications for infant development.

- In a naturalistic observation study of 49 infants conducted by [Blount, Devine, Cheng, et al \(2008\)](#), verbal reassurance, empathy, and apology were shown to increase anxiety and crying in participating infants (Child–Adult Medical Procedure Interaction Scale-Infant Version IV [CAMPIS-IV]). This same study showed that skin-to-skin contact between caregiver and infant decreased CAMPIS-IV scores, as did rocking or physically soothing the infant.

Pharmacologic and Additional Techniques

- Should I ice the site prior to injection?
- No trials examining the effect of icing the site prior to injection have been conducted among infants.
- Topical numbing agents
- [O'Brien, Taddio, Ipp, et al \(2004\)](#) conducted a randomized-controlled trial examining the effect of topical 4% amethocaine gel in reducing pain associated with routine, subcutaneous MMR administration among 120 12-month-old children. Change from baseline MBPS postinjection was used