

Name of Child: _____ Date: _____

How to Comfort a Baby Who May Have Pain

Some illnesses and injuries cause pain. Sometimes, to help babies feel better, we need to do things to them that are not comfortable or not pleasant. There are many ways you can help your baby feel better. Every baby is different, so some ways may work better for your baby than others. Tell the staff if you think your baby is having pain.

How to comfort your baby:

- Speak quietly and calmly using a soothing voice.
- Sing or hum softly or play quiet music.
- Move slowly or rock your baby gently.
- Help your baby hold on to you with his or her fingers.
- Help your baby bring his or her hands to the mouth.
- Show your baby everything is all right, and you are there to make your baby feel better.
- Keep your baby tucked in and warm. Swaddle your baby in a blanket.
- Gently rub, apply pressure, or massage your baby's foot or hand.
- Hold the baby against your chest, touching skin-to-skin. This is called kangaroo holding.
 - For more information, ask your doctor or nurse for handout, **Kangaroo Holding #469**



Provide kangaroo holding to comfort your baby.

- Before you start to do something that may be uncomfortable, slowly wake up your baby.
- Give your baby a pacifier.
- Give your baby sucrose on a pacifier, or pain medicine.
- Breastfeed your baby.
- Ask the nurse or doctor if your baby should be given pain medicine.
- Decrease the lights, noise, and activity around your baby.

When you find out what comforts your baby best, tell the others who care for your baby, too.

Now that you've read this:

- Tell your nurse or doctor what helps comfort your baby best. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.



Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#816

How to Comfort a Baby Who May Have Pain

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings? Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710
602-933-1395

Thank you for helping us!