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Products for  
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Personal Pain Control

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# Magic Tricks for Needle Sticks

Several techniques can make procedures magically better. Ideally, intervene in layers to make procedures more comfortable:

**Before Procedure:** Provide age appropriate information for the child, and a chance to ask questions. Explain to parents what language is helpful: praise and talking about other things during the procedure are good. Using the word "hurt," apologizing or comforting ironically increase distress.

**During Procedure:** When Child Life Professionals are not available, immediately effective interventions include letting children sit in a "position of comfort" and distraction.



Face the child toward the parent, sitting on the lap. Rest the child's arm on the gurney while the parent gives a hug. The child's view of the procedure is blocked while safety and ease of cannulation are maintained.

## Distraction with PROPS:



Blow bubbles, pinwheels or a Buzzy Kazoo



Find small details on bright pictures (Flippits!)



Count things on Buzzy's Flippits! pictures

## No PROPS:



Colored Cloud – the child holds a big breath, then imagines breathing a color out with the procedure. Try sky writing or aiming puffs at imaginary targets!



Touch the child's uninvolved arm, directing them to concentrate on these sensations instead.



Tell a story with child-given details:  
What color is the castle, what kind of pet, what dessert on the King's table?



Count anything – dots, ceiling tiles, letters in a sign.

**After Procedure:** Praise the child no matter what!

More detailed instructions can be found on MMJ Labs' site (<http://www.needle-pain-management.com/natural-pain-relief.html>). More information on Child Life can be found at [www.childlife.org](http://www.childlife.org).

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