

# Creating Comfort During Needles FOR KIDS

## Choosing a collection centre

Our Perth Children's Hospital (PCH) collection centre has highly experienced paediatric staff and is recommended especially if your child is very unwell or if your doctor has requested urgent tests.

Some other centres offer paediatric tests, but it's important to call us first on **13 7284** to confirm suitability. Alternatively, discuss the best option with your doctor.

## Calm is contagious

Your mood affects how your child feels, and your calm can help your child be calm too. Your positive feelings, words, and actions can help your child feel less anxious about their blood test.

## Make a plan

Create a plan by preparing your child in advance and offering choices to empower them. Discuss the procedure openly, address their questions, and develop strategies for their comfort. Examples are available on our website!

## Numbing

Numbing cream applied on the skin can help minimise pain in children. This may be purchased over the counter from a pharmacy, but can take time to work, so plan ahead.

## Belly breathing and distractions

Belly breathing helps calm kids and lessen their pain response. Distracting children with videos, toys, or activities can alter their perception of pain. Encourage them to choose something enjoyable to focus on before and during a needle procedure.

## Comfort positions

Recommended comfort positions include koala cuddle, back-to-chest, side lying or cradling. Supporting your child in any one of these positions can help them feel safer and notice pain less. As parents and carers, you know your child best. Discuss with our staff what will help your child feel safer and minimise their distress.



LOCATIONS

