

# TIPS FOR STAFF DURING PROCEDURES



## Prepare the child or youth

- Focus on the senses – give a range of suggestions about what they might feel (Pain is perception, so avoid discussing it, when possible)
- Avoid high-anxiety words: hurt, burn, sting
- Keep steps to 3 or 4, when possible (use developmentally appropriate wording)



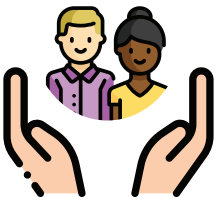
## Introduce a coping or distraction technique

- Give the child a 'job' to do during the procedure
- Offer choices where possible – distraction activity, positioning (if possible), right or left side first ... BUT, there is no choice about whether we complete the procedure



## Communication during the procedure

- Remind the child of their job
- Avoid too much reassurance
- Do vs. don't – “Stay still like a statue,” rather than, “Don't move.”



## Support parents

- Specify a role for parents – be specific
- Coach the parent when necessary – what helps: calm voice, distraction vs. reassurance, positive reinforcement (see “**Distraction ideas**” and “**Tips for parents and caregivers**” posted in the rooms)



## Debrief after the procedure

- Find the positives, create a positive narrative for the child
- End with fun – sticker, high five