

Newborn Comfort Positions

Comfort positions allow infants to feel safe in the arms of their caregiver. These positions allow the infant to be close enough to see, hear, and feel their caregiver. They work best with body to body contact, breastfeeding, or non-nutritive sucking.

Breastfeeding Football Hold Heel Stick



Skin to Skin for Heel Stick



Breastfeeding for Injection in Leg



Skin to Skin for Injection in Leg



Caregiver Comforting and Assisting with Pacifier if Unable to Hold



Lab or IV



Scan to watch a short video on how to reduce your infant's pain.

Source: CHEO

Helpful Tips for Caregivers

- A calm, quiet atmosphere with dim lights.
- Caregiver providing reassurance while holding the infant in their arms, or close to their body, and calmly looking at the infant's face.
- Calming music or gently speaking, singing, or humming.
- Limbs contained mid-line of the body and non-nutritive sucking.
- Initiating strategies to decrease hurt by starting skin to skin 15 minutes prior to procedure.
- Utilizing breastfeeding or 24% sucrose with a pacifier at least 2 minutes before procedure and during the procedure.