CHEO
Children's Hospital of Eastern Ontario
Centre hospitalier pour enfants de l'est de l'Ontario

Positions For Comfort: Procedural Positioning Chart

Position	Procedure	Description
The Bear Hug Position	Blood work, IV's, Sutures, etc.	◦ Caregiver sits on chair next to bed (parallel to bed or facing bed) A treatment table can also be used ◦ Child straddles caregiver – chest to chest ◦ Caregiver hugs around the child during the procedure ◦ Arm not being used for procedure is tucked under parent's arm or holding distraction toy ◦ Arm needed for procedure is positioned across the bed or treatment table ◦ Child can either watch distraction (book, toy, bubbles) or watch procedure (if appropriate)
The Joey Position	Examinations, blood work, IV's, etc.	◦ Caregiver sits on chair or bed ◦ Child is on caregiver's lap facing outward ◦ Caregiver hugs around child if additional immobilization is required ◦ For IV's or blood work, the arm for procedure is placed across the bed or treatment table ◦ The Bed or child's arm (using a pillow or sheet) is adjusted to a comfortable and safe height ◦ Child can either watch distraction (book, toy, bubbles) or watch procedure (if appropriate
The Cradle Position	NG Placement & Auger suction For children <4 years old	◦ Caregiver sits on bed or chair ◦ Child is placed on one side of caregiver's chest, facing outward ◦ Patient's head rests on the shoulder of the caregiver (child's head slightly extended back) ◦ Caregiver gently hugs around the child (overtop of their arms) and can whisper, sing, and provide comfort to the child ◦ Child's legs are tucked in between caregiver's to avoid movement from patient (if needed)
The Froggie Position	Catheter Insertion For children <8 years old	◦ Caregiver straddles bed or stands beside bed ◦ Child lies on their back on the bed ◦ Child's head and upper body rests on caregiver's lap (straddling the bed) or in caregiver's arms (beside the bed) ◦ Child's legs are brought up into the "froggie" position ◦ Caregiver can provide support and distraction during procedure

Ensure proper back safety when using Positions for Comfort
****Immobilize the of area required for procedure** (i.e. arm for IV's)**
*** PFC should be used alongside other appropriate non-pharmacological and pharmacological interventions (i.e. procedural preparation, procedural distraction, topical anesthetic, etc.) See Recipe For Successful Procedures ***