

PEDIATRIC ULTRASOUND COMFORT POSITIONS

Research shows children do best when in a position that is less threatening and all around more comfortable. These positions shown work best when a caregiver is present.

Caregivers are the comfort resource! Encourage touch and talk. A phone/tablet can be a great distraction.

Ask your technologist for best position.



Back-to-Chest is good for hand or arm procedures.

- Have your child sit or lay on your lap facing away from you.
- Your child can turn his or her head toward or away from the procedure to engage in distraction.
- Your child's arm can go under or over your arm. If needed, an age-appropriate distraction or comfort item can be held by the child.
- To increase immobilization parents can hug their child's legs with their own while offering a sense of comfort.



Chest-to-Chest is also good for hand or arm procedures.

- Have your child sit or lay on your lap facing you.
- Wrap the child's legs around your waist, if sitting.
- Your child can turn head toward or away from procedure to engage in distraction.
- Child's arm can go under or over your arm. If needed, an age-appropriate distraction or comfort item can be held by the child.



Side-to-Side is best for face or head procedures

- Have the caregiver sit or lay next to the child on the bed.
- Your child can turn head toward or away from the procedure to engage in distraction.
- Caregiver can use their legs to wrap over the child's legs to help increase immobilization.



Sometimes a phone or tablet may be the only distraction a child needs.