

Comfort Measures for Infant Procedures



For more infant support tips, tricks, and guidance, go to www.heartsconnected.org

The following are recommendations you can advocate for, facilitate on your own, or ask from a medical provider before a procedure begins.



Heel Pricks

- Skin-to-skin
- Facilitated Tucking by Parent (FTP)
- Breastfeed during
- Sucrose drops
- Sing/play lullaby



Circumcision

- Rest head next to baby's head so they can smell and hear you
- Sucrose drops
- Soothing sensory stimulation (sing, shush, vibration pad under back, warm sensations on chest above procedure site)



Vaccines

- Swaddle with one leg/arm out
- Sucrose drops
- Breastfeed during
- Hold baby side to chest
- Sing/play lullaby
- Buzzy Bee or vibration above vaccination site



Frenotomy

- Swaddle
- Gently rub baby's forehead in an upward motion
- Frozen breastmilk can numb and soothe post-procedure
- Soothing sensory stimulation (sing, shush, vibration pad under back)



Eye drops

- Try to do while baby is sleeping
- Put drop in inner corner of eye and let it slowly soak in between lids
- If awake, softly blowing on your baby's face will make them blink the solution into their eye

