

# COMFORT ACTION PLAN

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**PREPARE** Name of procedure, who will go, what will happen. Need to do/play?

**HOLDING CHILD** Choose comfort position. Access for practitioner.  
Provide secure presence, not forceful for child.

**REVIEW LANGUAGE** Use helpful thoughts and words, facial expression and tone of voice. Courage to speak up.

**DISTRACTION** Comfort object, favourite toy, stories, music, Grab bag for novelty.

**MEDICATIONS** Check with practitioner well in advance. Sucrose, numbing cream, other?

**TAKE TIME** Listen to self-calming recording well before. Stay calm (at least on the outside) and connected before, during, after. Breathe. Time for self – later.

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