



KID'S COMFORT PROMISE

UMASS MEMORIAL CHILDREN'S MEDICAL CENTER

ShotBlocker

- Clean site normally
- Place ShotBlocker over injection site and press on sides **firmly**
- Give injection in the middle space of the ShotBlocker



Buzzy

For injections (IM or SQ):

- Place Buzzy on site of intended injection for 30-60 seconds before injection
- Move Buzzy a few inches above injection site just before injection and hold in place
- **Buzzy goes between the pain and the brain!**



NUMBING • SUCROSE • COMFORT HOLDS • DISTRACTION



KID'S COMFORT PROMISE

UMASS MEMORIAL CHILDREN'S MEDICAL CENTER

Comfort Positions



Back-to-Chest Sit

Child sitting on your lap facing out
Give a hug with your child's arms tucked in or out as needed



Chest-to-Chest Sit

Child sitting on your lap facing you
Child's legs on each side of your body
Give a hug with child's arm tucked in between you



Sideways Lap Sit

Child sitting on your lap
Hold child's legs with your legs
Give a hug with child's arm held in hug



Sitting Upright

Child or teen may sit in a chair or on exam table.

Looking for more help or training? Have questions?

kidscomfort@umassmemorial.org