MY COMFORT PROMISE

BLUE CARD = Numbing Medication

ORANGE CARD = Distraction

Comfort Positioning

SYNERA (20 MIN)



4% LIDOCAINE CREAM (30 MIN)



J-TIP (1-2 MIN)



COLD SPRAY



DEEP BREATHING





STRESS BALL





.



BUBBLES



SPINNER







I SPY BOOK

.



• • • • • • • •





TV/MOVIE



BACK TO FRONT

.



• TUMMY TO TUMMY



SIDE SITTING

