

Creating Comfort During Needles

BABIES & TODDLERS

Choosing a collection centre

Our Perth Children's Hospital (PCH) collection centre has highly experienced paediatric staff and is recommended especially if your child is very unwell or if your doctor has requested urgent tests.

Some other centres offer paediatric tests, but it's important to call us first on **13 7284** to confirm suitability. Alternatively, discuss the best option with your doctor.

Calm is contagious

Your mood affects how your child feels, and you being calm can help soothe your little one too. Holding them close, ideally with skin-to-skin contact for infants, promotes calmness and relaxation, while also decreasing their pain response.

Comfort positions

Recommended comfort positions include koala cuddle, back-to-chest, side lying or cradling. Supporting your child in any one of these positions can help them feel safer and notice pain less. As parents and carers, you know your child best. Discuss with our staff what will help your child feel safer and minimise their distress.

Numbing

Numbing cream applied topically on the skin can help to minimise pain in children. This may be purchased over the counter from a pharmacy, but can take time to work, so plan ahead.



LOCATIONS

Breastfeeding

If you are breastfeeding, it is a great idea to do it a few minutes before, during, and after an injection, until your baby is calm.

