



Connecticut Children's Medical Center is committed to being a place where the pain of medical treatment is minimized as much as possible. Although we may not be able to take away all of the pain, we will make every effort to reduce it. The idea is that this is a hospital where expert medical care and comfort go together.

Comfort Central has a number of guiding principles:

- Your child has the right to the best pain relief possible.
- As a parent/caregiver, you are the expert on your child and you know him or her better than anyone else. You can help us understand when your child is in pain and how best to help.
- If you feel your child has pain that is not being addressed, ask us. The nursing and medical staff want to help. Child Life staff is also available to help children cope with pain and the stress of hospitalization. We have clinical staff here who are experts in pain control for children. We all work together to help your child.
- Your child's room should be a safe place. Whenever possible, we will bring you and your child to a treatment room when a medical procedure needs to be done.
- Needles are very frightening to children, but sometimes they are necessary. Whenever possible, we will try to use local anesthetics (medicine that helps with pain) and other techniques to reduce pain during these procedures.
- Distraction is often helpful during these procedures and the Child Life staff are experts in these techniques. Ask for them.
- Familiar items from home may help provide comfort to your child. Feel free to bring a favorite pillow and/or blanket, music, a video or a small photo from home.
- The bottom line is that we are ALL on the same team, working together to keep your child as comfortable as we can. Although we may not be able to make all of the pain go away, we can do everything possible to help your child heal.

Here are some ways we can work together to help your child:

How you can help:

- [Infant](#) - massage, singing, music rocking
- [Toddler](#) - cuddling, bubbles, stories, music
- [Pre-school](#) - bubbles, breathing, storytelling, videos, noisy toys
- [School age & adolescent](#) - deep breathing, hand-held video games, books, headphones with music

How we will help:

- [Infant](#) - swaddling in a blanket, pacifier dipped in sugar water for procedures
- [Toddler](#) - medical play before and after procedure, swaddling in a blanket
- [Pre-school](#) - developmental explanations of procedure, a safe person, medical play before and after procedure
- [School age & adolescent](#) - Guided imagery, distraction

