



What is Comfort Central?

Connecticut Children's is committed to being a place where pain 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 by addressing the three key areas; **positioning, distraction and pain management.**

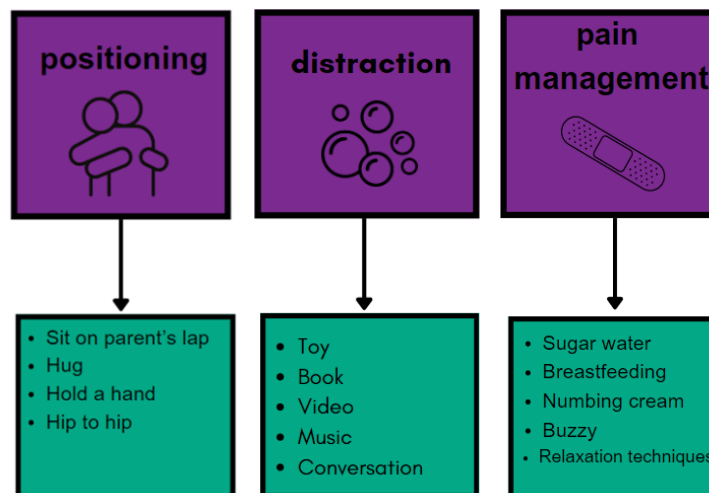
Connecticut Children's is where expert healthcare and comfort go together.

Our 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 know them best. You can help us understand when your child is in pain and how we can best support.
- Familiar items from home may provide comfort to your child.
- We work together as a team at Connecticut Children's to keep your child as comfortable as we can during visits and inpatient stays. Although we may not be able to make all of the pain go away, we can do everything possible to help your child heal and copy.

How can we work together?

Consider these methods to help your child during hands on care, examinations and procedures.



How you can help

- Help your child understand what to expect using simple, age-appropriate language.
- Speak in a calm, quiet manner.
- Validate feelings and fears.
- Ask for a Child Life Specialist.