

## Distraction Techniques

Distraction can help reduce anxiety and pain in pediatric patients and their parents. They can also help pass the time while you are waiting. To be helpful, distractions need to be age appropriate and appealing to the child. Here are some ideas to calm and comfort your child.

### Infant

- Holding or swaddling
- Patting or rubbing
- Music or singing
- Pacifier
- Oral sucrose
- Rattles, toys that make sounds



### Toddler

- Music, singing, nursery rhymes
- Cartoon videos
- Holding
- Bubbles
- Pinwheels
- Stuffed toys or blankets
- Light-up or motion toys
- Pop-up or sound books



### Preschool

- Holding or having parents hold
- Music
- Cartoons
- Bubbles
- Pinwheels
- Pop-up or sound books
- Puppets
- Light-up or motion toys
- Saying the alphabet or counting
- Talking about favorite things (TV shows, pets, family, toys)



### School age

- Music
- Video games
- Cartoons
- Guided imagery
- Focusing on breathing
- I Spy or Where's Waldo search games
- Puzzles
- Talking about favorite things (TV shows, movies, hobbies, family, pets)
- Brain teaser



### Teens

- Music
- Video games
- Guided imagery
- Puzzles, Sudoku, crosswords
- Deep breathing



**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up**