

COMFORTING RESTRAINT

FOR IMMUNIZATIONS

• The method:

This method involves the parent in embracing the child and controlling all four limbs. It avoids “holding down” or overpowering the child, but it helps you steady and control the limb of the injection site.

• For infants and toddlers:



Have parent hold the child on parent's lap.

1. One of the child's arms embraces the parent's back and is held under the parent's arm.
2. The other arm is controlled by the parent's arm and hand. For infants, the parent can control both arms with one hand.
3. Both legs are anchored with the child's feet held firmly between the parent's thighs, and controlled by the parent's other arm.

• For kindergarten and older children:



Hold the child on parent's lap or have the child stand in front of the seated parent.

1. Parent's arms embrace the child during the process.
2. Both legs are firmly between parent's legs.



Vaccinating Patients with Sensory Disorders:

- Avoid interruptions.
- Communicate with the child at a level that he/she can understand. Use a “tell, show, do” approach when explaining procedures. Be clear and concise.
- If possible have them use an electronic device.
- Ask the child to put their hands on their stomach (tummy, belly). Ask the parent to “hold hands” with their child to help prevent flinching. Or ask if the child can be placed on the parent’s lap for a “bear hug”:
 1. **Child faces parent** - arms held under parent’s arms. Parents legs wrap around child’s legs.
 2. **Child faces away from parent** - sits on parent’s lap facing out. Parent secures arms with each hand and wraps legs around child’s legs.
- Start slowly, using only fingers at first to touch the arm. If this is successful, begin using swab/pinching-up of muscle.
- Keep the needle out of sight but let them know a “little pinch” as you insert the needle. Needle should be plunged rapidly through the skin without aspiration.
 - Consider non-pharmaceutical interventions: Ethyl Chloride Spray, Buzzy, Cold compress
- Observe unusual body movements and anticipate future movements. Keep area around the child clear.
- **Immobilization techniques may be used only with parental consent to keep the child from potential injury.**
- Reward cooperative behavior with reinforcements that are motivating to the child - music, stickers, verbal reinforcement, etc.



① Facing Parent



② Facing Away from Parent

“Bear Hugs”

Therapeutic Holds
& tips for
vaccinating Older
Children