

Developmentally Appropriate Distraction Techniques

Infant

Family presence
Comfort positioning
Singing/Humming
Soothing touch
Sucking (pacifier)
Rattle
Music
Gentle stroking
Mobile
Grasping of finger
Sucrose

Late Elementary/Pre-teens

Family presence
Preparation
Job assignment
Introduction of coping techniques
Choices when possible
I-Spy books
Video/hand held games
Books
Movies
Age appropriate conversation
Deep breathing
Imagery
Soothing touch
Participation in procedure
Ooze tube
Squeeze balls

Toddler

Family presence
Comfort positioning
Holding hands
Singing
Counting
Discussion of preferred activities
Musical/pop-up books
Rain sticks
Bubbles

Adolescents

Preparation
Choices when possible
Privacy
Soothing touch when appropriate
I-Spy books
Video/hand held games
Conversation
Deep breathing
Guided imagery
Music (patient preferred)
Squeeze balls
Videos
Ooze tube

Preschool

Family presence
Comfort positioning
Talking/Rhymes
Cause and effect toys
ABCs/Counting
Singing/Music
Bubbles
Lift the flap/Sound books
Glitter wand
Spinning toys
Rain stick
Videos
Pinwheel
Hand holding
Soothing voice/touch

All Age Groups

Assign family member role
Honesty
Music
Relaxation station (Ch 43)
Praise and reassurance
One voice

Early Elementary

Family presence
Preparation
Soothing touch
Imagery
Slow deep breaths
Choices when possible
Job assignment
Hand holding
I-Spy books
View master
Kaleidoscope
Counting
Ooze tube
Squeeze balls

