

COMFORTING OUR CHILDREN

Procedures can sometimes be stressful for children and their families. At Markham Stouffville Hospital, we encourage parents and staff to work together to provide a supportive environment for each child. Below is a list of suggestions that you can use to reduce anxiety during procedures:

HELPFUL HINTS

Give Reason for Procedure and What to Expect

•
Be Honest

•
Provide a Calm & Positive Atmosphere

•
Provide Choices to the Child (when possible)

•
Encourage Parents to Participate in Procedure

•
Listen to the Child's Concerns

•
Use Comforting Positions

•
Call the Child Life Specialist



USE DISTRACTION TECHNIQUES

Bubbles



Reading



Music



Handheld Games



"Our Mission is to make every experience with us great"