

Coping Techniques and distraction

<p><u>Infants</u></p> <ul style="list-style-type: none"> ■ Parent presence and comfort holding ■ Use Sweet Ease ■ Bubbles ■ Toys to mouth and hold ■ Pacifier, Bottle ■ Soothing music and/or light up toys ■ Soft music 	<p><u>Toddlers</u></p> <ul style="list-style-type: none"> ■ Parent presence and comfort holding ■ Bubbles ■ Sound, pop up, and/or colorful books ■ Push button toys/books ■ Hold a favorite item ■ Musical and/or light up toys ■ Music, Singing 	<p><u>Preschool</u></p> <ul style="list-style-type: none"> ■ Parent presence and comfort holding ■ Offer realistic choices ■ Bubbles ■ Deep breathing if taught beforehand ■ Sound and/or look and find books ■ Cartoons, Videos ■ Simple games, Counting ■ Music
<p><u>School Age</u></p> <ul style="list-style-type: none"> ■ Parent presence and comfort holding ■ Offer realistic choices ■ Relaxation techniques - deep breaths or holding a squeeze ball ■ Movies/TV ■ Interactive games ■ Visual imagery - Imagining and talking about a favorite place, telling a story 	<p><u>Adolescents</u></p> <ul style="list-style-type: none"> ■ Parent presence ■ Encourage him/her to be a part of the test ■ Offer realistic choices ■ Encourage relaxation techniques - deep breathing, visual imagery, squeezing a hand or ball ■ Humor/jokes ■ Music ■ Phone 	