

## Demonstration: Comfort Hold

### TRANSCRIPT

This is the comfort hold. This is a position that's really helpful for children that really want to be independent in getting their vaccination but needs a little bit of extra comfort and restraint. I have the patient sit, or the child sit, very close to mom. The chairs, notice, don't have arms. So that makes it easy for them to move close together. Mom has pushed or pulled him close to her. He's got his arm around the back of her. And I love this because then she can actually press her weight against the child's arm, against the chair, so he cannot move. Notice the arm is all the way wrapped around and I usually say, "Hug mama tight."

In the front, she's got a good firm grip around his waist, and notice she's got his forearm rather than his hand or his wrist. Depending on the child, they can be quite wiggly, and those little hands can get out in the last minute, in panic. The site for the injection is right here, so we've rolled up the sleeve ahead of time. And then I always make sure I position the chair exactly where I want it. To make sure I can get to the vaccination site, before I tell mom what to do.

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11/8/21

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