



Parents and Professionals: YouTube Video



Professionals: CMNRP's Self-Learning Module

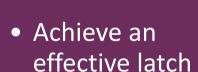


**EVIDENCE-BASED STRATEGIES** 



reastfeeding

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- Ensure sustained sucking and swallowing
- Start
   breastfeeding
   approx. 5 minutes
   prior to procedure



## Skin to Skin

## Diaper only; infant placed skin-to-skin on parent's chest

- Parent and infant fully relaxed
- Start skin-to-skin approx. 10-15 minutes prior to procedure



## Sucrose

- Use syringe or vial to place sucrose on tip of tongue
- Combine with sucking
- Give small amount
   1-2 minutes prior
   to procedure and
   throughout

Acknowledgements: Dr Denise Harrison, *Be Sweet to Babies*; Ottawa Neonatal Pain Interest Group; CHEO Media House.

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