



Professionals:
CMNRP's
Self-Learning
Module



Parents and
Professionals:
YouTube
Video

Newborn Pain Reduction

EVIDENCE-BASED STRATEGIES



Breastfeeding

- Achieve an effective latch
- 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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