Developmentally Appropriate Distraction Techniques

**Infant**
- Family presence
- Comfort positioning
- Singing/Humming
- Soothing touch
- Sucking (pacifier)
- Rattle
- Music
- Gentle stroking
- Mobile
- Grasping of finger
- Sucrose

**Toddler**
- Family presence
- Comfort positioning
- Holding hands
- Singing
- Counting
- Discussion of preferred activities
- Musical/pop-up books
- Rain sticks
- Bubbles

**Preschool**
- Family presence
- Comfort positioning
- Talking/Rhymes
- Cause and effect toys
- ABCs/Counting
- Singing/Music
- Bubbles
- Lift the flap/Sound books
- Glitter wand
- Spinning toys
- Rain stick
- Videos
- Pinwheel
- Hand holding
- Soothing voice/touch

**Adolescents**
- Preparation
- Choices when possible
- Privacy
- Soothing touch when appropriate
- I-Spy books
- Video/hand held games
- Conversation
- Deep breathing
- Guided imagery
- Music (patient preferred)
- Squeeze balls
- Videos
- Ooze tube

**Early Elementary**
- Family presence
- Preparation
- Soothing touch
- Imagery
- Slow deep breaths
- Choices when possible
- Job assignment
- Hand holding
- I-Spy books
- View master
- Kaleidoscope
- Counting
- Ooze tube
- Squeeze balls

**Late Elementary/Pre-teens**
- Family presence
- Preparation
- Job assignment
- Introduction of coping techniques
- Choices when possible
- I-Spy books
- Video/hand held games
- Books
- Movies
- Age appropriate conversation
- Deep breathing
- Imagery
- Soothing touch
- Participation in procedure
- Ooze tube
- Squeeze balls

**All Age Groups**
- Assign family member role
- Honesty
- Music
- Relaxation station (Ch 43)
- Praise and reassurance
- One voice