

Paw-sitions for Comfort

We want to make sure you are as comfortable as possible during your procedure. Our animal friends below show you some of the ways you can feel safe and secure.



Bear Hug



Chest to Chest

- Give your caregiver a big hug, and wrap your legs around them.
- Your caregiver will hug you back, and wrap their arms over your arms. This will keep you safe and remind you to hold your body still.

Birdie Huddle



Side Sit

- Sit on your caregiver's lap or on the bed. Rest your legs to one side.
- Your caregiver will wrap their arms around you in a comfy hug. This will remind you to hold your body still.

Monkey Cradle



Infant Swaddle

For caregivers of infants and young children:

- Swaddle your child in warm blankets, or hold them skin-to-skin.
- Cradle your child in your arms, hold them upright, or lie in bed with them.
- You can breastfeed, give a pacifier, or sing.

Penguin Cuddle



Back to Chest

- Sit on your caregiver's lap, or between their legs on the bed, and face out.
- Your caregiver will wrap their arms around you in a comfy hug. They might even hug you with their legs too! This will remind you to hold your body still.