

Table 3**Nonpharmacological Interventions for Managing Pain**

Nonpharmacological interventions include approaches to pain management that do not involve medications. They are noninvasive strategies that increase comfort, improve coping and give children a sense of control. Either alone or in conjunction with pain medication, these strategies are proven successful for the reduction of pain and the associated anxiety. In an attempt to offer Family Centered Care, these techniques promote parental involvement and satisfaction. Non-pharmacological techniques are very safe and easily accessible by all members of the health care team.

Method	Developmental Stages				
	Infants	Toddler	Preschool	School-age	Adolescent
Art, Play, & Music	X	X	X	X	X
Breastfeeding	X				
Choices & Control		X	X	X	X
Deep Breathing			X	X	X
Deep Pressure and Massage			X	X	X
Distraction	X	X	X	X	X
Environment	X	X	X	X	X
Guided Imagery				X	X
Medical Play		X	X	X	X
Non-nutritive Sucking	X				
Positioning	X	X	X	X	X
Post Procedural Comforting	X	X	X	X	X
Parental Involvement	X	X	X	X	X*
Preparation	X**	X***	X	X	X
Relaxation	X**	X***	X	X	X
Skin to Skin Contact	X				
Swaddling	X	X			
Warm Packs	X	X	X	X	X

*Involve parents with permission from child

**Provide information for parents

***Provide information for parents and appropriate interventions for child