

# Comforting Language

## Why?

- ✓ To think positive with less fear and worries about uncertainties related to doctor's visits and medical procedures

## What is comfort language?

- ✓ Positive and softer language that empowers and encourages to take an active role during doctor's visits and medical procedures

## Who may benefit from comfort language?

- ✓ Children, teenagers, and adults

## Examples of comfort language?

- ✓ Encourage:
  - "You're a star!"
  - "You are so brave"
  - "You can do it!" (when referring to coping plan)
- ✓ Offer comfort
  - "I'm here for you!"
- ✓ Offer solutions
  - "You can help by taking big breaths with me."
  - "You can help by holding your arm still."
- ✓ Use words like "can" and "do" instead of words like "don't" or "try"
- ✓ Use words like "uncomfortable" and "bother" instead of words like "hurt" or "pain"
- ✓ Be honest, offer solutions instead of making promises
  - "I don't know by we can ask the nurse or doctor when we get there." Instead of overpromising there wont be a needle poke during the doctor's visit.
  - You might be scared. Let's take some deep breaths with me to feel safer." Instead of saying "Don't worry" or promising "it won't hurt"

## What to avoid?

- ✓ Avoid saying:
  - "I'm sorry."
  - "It will be okay."
  - "Don't worry."

This tells your child that you think something bad will be/is happening.

## Reframe memories

Talking to your child after the doctor's visit or procedure helps to make their memories more positive and to better cope at their next doctor's appointment.

- ✓ Talk about what went well.
- ✓ Compliment your child and what they did well.
- ✓ Encourage your child to talk about the tools that helped.
- ✓ Encourage your child to remember the tools that helped for the next time.
- ✓ Offer a treat as a reward for being a good helper! But don't offer a treat to make up for the pain.