

# WAYS TO HELP CHILDREN & TEENS COPE IN THE EMERGENCY DEPARTMENT



## **INFANTS (Birth-1 year)**

- Rocking, holding & talking
- Pacifier
- Noisy/musical toys & rattles
- Soothing music or soft singing

## **TODDLERS (1-2 years)**

- Rocking, hugging & massaging legs/toes.
- Try to be face-to-face with your child in the exam room.
- Sing songs, tell a story or recite the ABC's-1,2,3's.

## **PRESCHOOL (3-5 years)**

- Rocking, hugging & massaging legs/toes is often helpful.
- Stay within your child's view.
- Sing songs, tell a story or recite the ABC's-1,2,3's.
- Guide your child's imagination and play make-believe
- Recall in detail one of your favorite times together

## **SCHOOL AGE (6-12 years)**

- Rehearse relaxation techniques ahead of time.
- Encourage your child to take deep breaths, count or squeeze your hand.
- Guide your child's imagination by talking about a favorite memory or making-up a story.
- Play "I Spy"

## **TEENAGERS (13-19 years)**

- Rehearse relaxation techniques ahead of time.
- Encourage your teen to take deep breaths, count or squeeze your hand.
- Imagine being in a relaxing place.



## **RELAXATION TECHNIQUES**

- ◆ **Imagine each of your body parts relaxing in sequence.**
- ◆ **Sing your favorite song out loud or in your head.**
- ◆ **Concentrate on an image or series of images.**

***Use your senses!  
What do you...  
See? Hear? Taste? Smell?***

- **Close your eyes and imagine you are on the most perfect vacation.**
- **Imagine flying through the air in a hot air balloon. What do you see in front of you... behind you... below you... above you?**
- **Picture yourself walking down a spiral staircase. Imagine at the bottom of the staircase you enter a beautiful garden. Take a walk through your garden.**
- **Imagine that you are the star of your own TV show...**
- **Imagine you are on a winning team.... What kind of team are you on? What position do you play?**
- **Picture yourself on a free shopping spree. What store would you go to....what would you buy?**