**Reducing Your Child’s Discomfort during Dry Blood Spot Collection**

*The finger/heel prick may cause some discomfort/pain but should be temporary. Here are some examples of things you can do to help minimize any distress during the blood collection. As a parent or caregiver, you know your child better than anyone else and know what would offer the most reassurance and comfort to help your child feel less scared and stressed!*

**Distraction:** Use bubbles, a pinwheel or a squeaky, light-up or musical toy to distract your child before the poke. Ask older children questions about something they are excited about or engage in a conversation. Older children can also use books, music players, or videos to distract themselves.

**Deep breathing:** Have your child focus on blowing out during the finger prick. For example, you can ask your child to:

* Blow bubbles
* Blow out a pretend candle
* Blow a pinwheel or party blower

(For babies) **Breastfeeding:** Nurse your baby before doing the heel prick. Breastfeeding can comfort your baby.