
















THE PEDIATRIC APPROACH - 4 PHASES

1	Anticipation					
	Create the right moment		Alert your child to the needed care and communicate together		Form a team with your child Encourage autonomy Stay tuned to your child Manage pain and anxiety	
						
2	Preparation					
	Prepare the environment	Close windows, doors and fans		Wash and dry the work surface		Gather needed materials for the care practice and for distraction
						
	Prepare your child	Get a helper, if needed			Position your child and prepare for distraction	
						
Prepare yourself	Review the list of care steps	Put on a mask (if needed)		Wash your hands		
				Remove jewelry	Scrub hands well	Dry your hands and close the tap with the towel
						
3	Procedure					
			Carefully follow the steps you have been taught, keeping in mind : <ul style="list-style-type: none"> • safety • flexibility • collaboration 			
4	Recovery					
			Listen to your child, offer comfort, help your child see his/her strengths, discuss what to modify the next time care is needed, keep your promises and reward yourself.			

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