

PEDIATRIC NURSING CARE BY DEVELOPMENTAL STAGE

STRATEGIES TO PROMOTE THE BEST CARE

Infant (0-12 months)



- Use soft, calming voices
- Provide forms of gentle physical contact (swaddling, holding, or patting)
- Offer incentives such as a bottle or favorite toy after a painful procedure

Early Childhood (1-3 years)



- Use distractions during a procedure
- Praise for cooperation
- Ask them to point to what part of the body you are going to examine

Preschool Age (3-6 years)



- Give the child choices in how you approach him/her
- Make up a story when checking BP ("I am checking to see how strong your muscles are")
- Use a doll or stuffed animal to explain their conditions

School Age (6-12 years)



- Answer any and all questions about exam and equipment
- Allow child to express concerns and provide reassurance
- Be alert to manipulation in hopes to avoid a procedure
- Use small talk as a means of distraction during procedure

Adolescence (12-18 years)

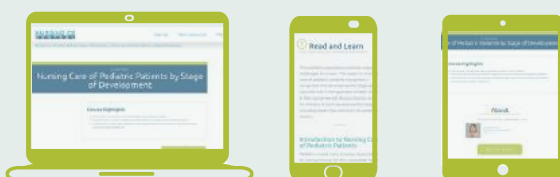


- Respect their need for privacy
- Allow them to use electronic equipment (phones, tablets, laptops)
- Encourage them to express his/her feelings about their experience in the healthcare setting
- Encourage socialization



Here's a few extra tips:

- Consider cultural influences and facilitate appropriate interventions
- It is vital that the nurse assesses the levels of security, fear, and resistance to a procedure in both the child and parent(s).
- Encourage age-appropriate interventions that can work to reduce pain or discomfort in patients. This will vary by developmental stage.



Want to learn more?

[Check out our "Nursing Care of Pediatric Patients by Stage of Development" course for 3.5 contact hours!](#)