

Newborn Pain Management: Alignment with Baby-Friendly Initiative

These two best practice initiatives are compatible, ethically sound, and essential for quality care and maternal/newborn outcomes

Research shows that breastfeeding, skin-to-skin contact and sweet solutions reduce pain in infants during painful procedures

Supporting breastfeeding during bloodwork

- Effective in term or near term infants who can safely feed throughout the procedure
- Have mom begin breastfeeding 2-5 minutes prior to procedure
- Have mom continue feeding throughout procedure



Supporting skin-to-skin contact during bloodwork

- Effective and recommended for term and preterm infants who are unable to breastfeed
- Start skin-to-skin contact about 5 minutes prior to procedure
- Continue throughout procedure



If breastfeeding or skin-to-skin contact is not possible — Supporting sucrose with or without a pacifier during bloodwork

Oral sucrose is effective in infants up to 1 year

- Suggested dose: 0.1-0.2mL over the course of the procedure. Begin dose 1-2 minutes before the procedure, rest of dose just prior to and throughout procedure
- If a pacifier is a normal part of the baby's care, non-nutritive sucking may have additional analgesic benefits



Sucrose given in mini doses is a medication for newborn pain management. Sucrose used for this purpose is not a feeding replacement or supplement.

Watch this video to see newborn pain management in action:

<https://youtu.be/L43y0H6XEh4>