



## DISTRACTION TIPS

AGE	DISTRACTION		AFTER	
<b>0-1 year</b>	<ul style="list-style-type: none"> <li>• Sucrose or breast feeding</li> <li>• Lullabies and nursery rhymes – CD or sung</li> <li>• Touch and massage</li> </ul>	<ul style="list-style-type: none"> <li>• Parents calm voice</li> <li>• Bubbles</li> <li>• Rattles and shakers – rain sticks</li> <li>• Simple board books</li> </ul>	<ul style="list-style-type: none"> <li>• Cuddles</li> <li>• Praise for parents</li> <li>• Singing</li> </ul>	<ul style="list-style-type: none"> <li>• Soft voice</li> <li>• Simple stories</li> <li>• Their own toys</li> </ul>
<b>1-3 years</b>	<ul style="list-style-type: none"> <li>• Lullabies and nursery rhymes – CD or singing</li> <li>• Light and sound toys</li> <li>• Pop-up toys</li> </ul>	<ul style="list-style-type: none"> <li>• Simple story books</li> <li>• Bubbles</li> <li>• Counting</li> <li>• Devices – music/apps/movie</li> </ul>	<ul style="list-style-type: none"> <li>• Cuddles</li> <li>• Praise for what was done well</li> <li>• Stickers</li> </ul>	<ul style="list-style-type: none"> <li>• Toys</li> <li>• TV/movie</li> <li>• Stories</li> <li>• Singing</li> </ul>
<b>3-6 years</b>	<ul style="list-style-type: none"> <li>• Talking about favourite things</li> <li>• Favourite music</li> <li>• Bubbles</li> </ul>	<ul style="list-style-type: none"> <li>• Story books</li> <li>• Focused breathing</li> <li>• Devices – music/apps/movie</li> </ul>	<ul style="list-style-type: none"> <li>• Cuddles</li> <li>• Praise for what was done well</li> <li>• Stickers/certificates</li> </ul>	<ul style="list-style-type: none"> <li>• Craft activity/drawing/colouring</li> <li>• TV/movie</li> <li>• Stories</li> </ul>
<b>6-10 years</b>	<ul style="list-style-type: none"> <li>• Favourite music</li> <li>• Focused breathing/guided imagery</li> <li>• Jokes</li> <li>• Stress ball</li> </ul>	<ul style="list-style-type: none"> <li>• Talking about favourite things</li> <li>• I spy style books</li> <li>• Devices – music/apps/movie</li> </ul>	<ul style="list-style-type: none"> <li>• Praise for what was done well</li> <li>• Stickers/certificates</li> </ul>	<ul style="list-style-type: none"> <li>• Craft activity/drawing/colouring</li> <li>• TV/DVD</li> <li>• Stories</li> </ul>
<b>10-15 years</b>	<ul style="list-style-type: none"> <li>• Favourite music</li> <li>• Chatting</li> <li>• Jokes</li> <li>• Focused breathing/guided imagery</li> </ul>	<ul style="list-style-type: none"> <li>• Search and find books</li> <li>• Stress ball/fidget toys</li> <li>• iPad/iPhone apps, music, movie</li> </ul>	<ul style="list-style-type: none"> <li>• Praise for what was done well</li> <li>• Certificates</li> <li>• Calming activities eg. mindfulness colouring</li> </ul>	<ul style="list-style-type: none"> <li>• Debrief – ask if they have any questions regarding what just happened</li> </ul>
<b>15+</b>	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Jokes</li> <li>• Focused breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Stress ball/fidget toys</li> <li>• Devices – music/apps/movie</li> </ul>	<ul style="list-style-type: none"> <li>• Praise for what was done well</li> <li>• Ask if they have any questions regarding what just happened</li> </ul>	<ul style="list-style-type: none"> <li>• Calming activities eg. mindfulness colouring</li> </ul>