

# Therapeutic Holding

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**When children and young people are scared, worried or distressed, they may not be able to cooperate with what is being asked of them.**

This is particularly true in hospitals, where there are new people looking after them, different surroundings and procedures that a child or young person might worry will hurt.

Therapeutic holding is just one way of providing support to a child or young person who is struggling to cope with a situation, so together we can work out ways of aiming to achieve a set goal.

You are an expert in your child, so we appreciate any and all information you can give us about how your child tolerates a healthcare environment.

**Please pass on any tips that have worked well in the past.**

There are lots of ways we can support your child in dealing with worries so they feel better equipped to cooperate and understand what is happening.

Normalising play can provide an opportunity to change a worry fuelled-visit. Toys and activities that are familiar and liked, support children and young people to feel a little more in control of what's happening.

We may be able to arrange play sessions before your child's appointment, surgery, or procedure so we can then spend time creating a bespoke plan just for your child.

As a last resort or if the child or young person has been supported in every practicable way to have the intervention, but they are still not able to tolerate it, we can work together to find ways for your child to be still and safe – one of the ways we do this is by therapeutic holding, which is being held firmly but it should not hurt.



Sometimes, wrapping your child in a blanket can be comforting as well as enabling you to hold their arms and legs still.

The role of parents and carers during invasive procedures is to cuddle, support and encourage their child.

The role of the medical team is to provide safety, for example, holding the arm where necessary. Positioning may be a word that is used when talking about therapeutic holding.

If you are at all concerned about how your child is coping with a procedure or the techniques that are being used or suggested, please talk to us.

### **Patient Advice & Liaison Service (PALS)**

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

#### **The contact details are:**

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)