

# Pain Management

Patient and Family Education

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## **Your child has the right to:**

- Receive care that will reduce or prevent pain
- Be told the truth about his or her pain
- Tell others if he/she hurts and what he/she thinks will help make it better
- Cry or object when anything hurts or upsets them
- Have questions answered in words he/she can understand
- Be with a parent when in pain whenever possible

## **What you can do to help us help your child:**

- Tell us as soon as your child is in pain
- Ask your doctor or nurse what to expect regarding pain
- Ask about the plan to treat your child's pain
- Tell us what has helped your child in the past when he/she has been in pain
- Tell us what you think we can do to help your child
- Tell us if what we are doing isn't working
- Work with staff to try new methods to relieve your child's pain
- Let us know if you have any questions

## **We learn about your child's pain by:**

- Listening to what your child says
- Watching what your child does
- Observing changes in your child's vital signs and body
- Talking with you and your child

## **What will we do to help?**

### **Preparing your child before a painful procedure:**

Giving your child a careful explanation of what to expect builds trust and can actually lessen pain. Encourage questions and give your child control when possible. For example, "Do you want to sit in mommy's lap or on the bed?"

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## Playing and relaxation:

### Toddlers and preschoolers

- Rocking or holding
- Singing or listening to music
- Telling stories
- Watching videos or TV
- Blowing bubbles
- Pop-up books and toys

### School- aged and teens

- Talking about what has helped in the past
- Breathing deeply and slowly
- Watching videos or TV
- Playing electronic games
- Listening to music
- Imagining his or her favorite place

**You know your child best. Please tell us if there is anything else we can do to help decrease your child's pain.**