

# Having Pain?

Here are some tips to help you and your child manage pain:

## Comfort Measures for your Child:

- ◆ Ask for ice packs and/or warm packs
- ◆ Ask for a warm blanket
- ◆ Positioning; simply assisting your child to change position in bed, the chair or while walking can improve comfort
- ◆ Massage your child's feet, hands and back with lotion to relieve stress and decrease discomfort

## Common distraction techniques for here and home:

- ◆ Music Therapy, sing to your child or play their favorite music
- ◆ Games
- ◆ TV
- ◆ Mobile phone or tablet
- ◆ Arts and Crafts
- ◆ Go to the Playroom if possible
- ◆ Blow bubbles
- ◆ Write or journal
- ◆ Deep breathing

Ask for play therapy and additional distraction techniques through Child Life

**Ask your Nurse and Child Life Specialist for more information**

**Child Life Inpatient Hours:**

Mon-Fri 8a.m. - 4:30p.m. and Sat/Sun 9a.m. - 12p.m.

**Child Life Emergency Room Hours:**

2:30p.m. - 1 a.m. 7 days/week

