

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings

Ranked among the
nation's best in five
pediatric specialties



Supporting a Child in Pain

Hospital staff do all they can to help manage your child's discomfort and pain. Below are ideas that may be helpful when you have a child in pain. With this support, they have a chance to learn about what works best to self-soothe and cope independently.

Some tips to keep in mind:

- Give your child as many realistic choices as possible. You can offer choices about their position in bed, the noise or light level in the room, play activity, and so on. This helps give them a sense of control.
- Let your child know what is happening and what to expect. This information should be honest, correct, and appropriate for their age. Understanding the situation better might help them be less anxious.
- Encourage your child to ask questions and express their feelings.
- Try to reduce the noise, commotion, and light in the room. Create a calm, quiet, relaxed space as these can help with the anticipation of pain.
- Try to remain calm. Children pick up on the emotions of the adults closest to them.
- Help your child practice deep breathing because it can help relax the body.
- Give your child items that help with distraction. Bring their attention onto something they enjoy, such as playing a game. Bubbles and pinwheels are also relaxing tools.
- Encourage your child to use their imagination and focus their attention on telling you a story or describing a favorite place.
- Provide opportunities for comforting touch, such as holding and cuddling.
- Remain close to your child. Children often feel more secure when their caregivers are close by.



For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>