



## Parent Tips on Home Pain Control For Children

If you are unsure about the nature of your child's pain you should call your doctor.

### HOW CAN I TELL IF MY CHILD IS IN PAIN?

Here are some examples of how your child may behave at home if he/she is in pain

<b>Infants may:</b>	<b>Toddler/Preschoolers may:</b>	<b>School Age Children may:</b>	<b>Adolescents/young Adults may:</b>
Move less than normal	Point to where they hurt	Cry or moan	Be very quiet
Cry more often	Cry more often	Be restless or not want to move at all	Have problems sleeping
Be irritable	Be irritable	Hold the area that hurts	Be irritable and angry
Look pale and sweaty	Lie very quietly and not move	Complain of pain	Complain of pain
Eat or drink less than normal	Eat or drink less than normal	Eat or drink less than normal	Eat or drink less than normal
Cry out if touched or moved			Not want to talk to friends and family

### HOW SHOULD I REACT TO MY CHILD'S PAIN?

- React quickly to your child's pain in a caring manner
- Tell your child about what is happening in his or her body
- Admit your child has pain: do not minimize or deny it
- Stay with your child until his/her pain is better
- Keep your child calm
- Keep your self calm

### HOW CAN I HELP EASE MY CHILD'S PAIN?

- Touch: **All ages-** Pat, stroke, or rub your child on areas that do not hurt.
- Massage: **All ages-** Gently stroke your child in circles on areas that do not hurt.
- Music: **All ages-** Play your child's favorite music
- Play and art: **18 months and older-** Let your child draw or play with puppets to express his/her pain

- **Distraction: Ten months and older-** Let your child play with bubbles and pop-up books. Focus your child's attention on something else in the room.
- **Imagery: Five years and older-** Have your child replace pain by reliving a familiar activity such as skating, swimming and playing games. Have your child tell his/her favorite story.
- **Medicine:** If your child is taking medicine for pain, give the medicine as directed on the bottle. You should measure the pain again 30 minutes later.

### HOW DO I MEASURE MY CHILD'S PAIN?

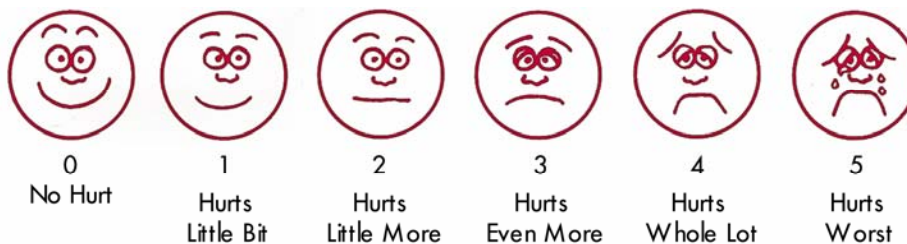
Children may have a hard time describing how much pain they are having because they are too young. You can measure your child's pain at home- this will help you tell your doctor or nurse about your child's pain. A pain scale can help us see if what we doing is helping the pain.

#### Margolius-Rankine Pain Rating Scale

- If your child is less than 3 years of age or cannot tell you what his/her pain is, then use the Margolius/Rankine pain scale.
- 1 point is given for each behavior. The pain score equals the total points. "0" means no pain and "5" is the most pain.
  - Cry
  - Grimace or fussy
  - Increased/Decreased body movement
  - Inconsolable
  - Eating and/or sleep disturbances

#### Wong-Baker FACES pain scale

- Use this pain scale if your child is 3 years of age or older and can tell you about his/her pain.



Point to each face using the words to describe the pain. Ask your child to choose a face that best describes his/her pain. The face that he/she points to is the pain score.

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