

# POWER OF KNOWING

An educational resource for patients and families.

## HELPING YOUR CHILD COPE WITH PAIN

### The unknown is often scarier than the known

There is a famous quote, "Pain is whatever the experiencing person says it is, existing whenever the experiencing person says it does" (McCaffery and Beebe, 1989). If we use this quote by accepting that we can't change children's thoughts of their own pain then we can help them find ways to cope with it.

### How to help your child with painful events

- Practice techniques at home. The more the better!
- Use a calm voice. Children's reactions are often based on adults around them.
- Find a comfortable position that works for you and your child to feel relaxed.
- Give choices when possible (increases sense of control).
- Never punish a child for not cooperating. Find reasons to praise your child for what is helpful (ie: "great job holding still", "good job breathing with me").
- Give simple explanations for why the procedure is needed.
- Crying is a healthy coping response. Cooperation + Crying = Coping

### Pain management techniques:

- Distraction: Offering activities to help shift your child's focus from the pain. Let your child pick (ie: short book, someone blowing bubbles, music, iPad).
- Deep breathing. "In through the nose...slowly...out through the toes"
- Guided Imagery: Story telling using the senses (sight, sounds, smells, touch). Pick a favorite place and pretend to be there.
- Massage: Using massage on an alternative body part can divert focus.
- The Magic Glove
- Progressive Muscle Relaxation

### Child Life Services

A child life specialist is available to provide more support. For services, please email: [khchildlife@fakeeh.care](mailto:khchildlife@fakeeh.care) to schedule a visit.

### Suggested Resources

The Magic Glove

[https://www.youtube.com/watch?v=cyApK8Z\\_SQQ](https://www.youtube.com/watch?v=cyApK8Z_SQQ)

Progressive Muscle

Relaxation for Kids

<https://www.youtube.com/watch?v=aaTDNYjk-Gw>

### Apps for kids

Achy Penguin (4+)

Stop, Breathe and Think

Relax Melodies

Take a Break

Mindshift

Pacifica



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