



Information for You from Your Health Care Team

Ways for You to Help Ease Your Child's Pain



Preschoolers (3-6 years)

- **Ask to be present during a procedure. This will depend on your own comfort level. Hold or comfort your child before, during, and after painful or uncomfortable experiences.**
- **Explain in simple language why the procedure is needed. Explain what to expect to see, hear, and feel. Playing with puppets, making pictures or telling stories can help your child express feelings and concerns. A play medical kit may also be helpful. Do this before and after a procedure.**
- **Have your child use blow-bubbles, a pinwheel or a party blower. These can help your child to take deep breaths, which can help him relax.**
- **Use toys such as hand-held games, pop-up or I Spy books, counting, music, or singing. This helps to distract your child.**
- **Let your child hold or squeeze your hand or a soft object, such as clay.**
- **Have your child close his eyes and help him imagine a favorite place or activity. Focus on what he sees, hears, feels, and smells.**

Add your own:

Speak up if you have any questions or concerns