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*Information for You from Your Health Care Team*

## **Ways for You to Help Ease Your Child's Pain**



### **School age (6-12 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.**
- **Allow your child to listen to favorite music or music he finds comforting. Consider using a headset to help your child focus on the music.**
- **Have your child close his eyes and help him imagine a favorite place or activity. Focus on what he sees, hears, feels, and smells.**
- **Let your child hold or squeeze your hand or a soft object.**
- **Have your child use hand-held video games, books (pop-up, I Spy, Where's Waldo), counting, magic wands. These help to distract your child.**
- **Maintain eye contact with your child or have him focus on an object in the room or a picture on the wall or ceiling.**

**Add your own:**

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