



Information for You from Your Health Care Team

Ways for You to Help Ease Your Teenager's Pain



- **Be present during procedures, unless your teenager does not want you to be.**
- **Show your teen how to take slow deep breaths. Breathe with your teen as this helps your teen stay focused on breathing.**
- **Have your teenager close his eyes and help him imagine a favorite place or activity. Focus on what he sees, hears, feels, and smells.**
- **Allow your teenager to listen to favorite music or music he finds comforting. Consider using a headset to help your teen focus on the music.**
- **Use hand-held video or computer games to help distract your teenager.**
- **Maintain eye-contact with your teenager or have him focus on an object in the room or a picture on the wall or ceiling.**

Add your own:
