

Let's talk about...

Supporting a Child in Pain

The medical team does their best to keep patients as comfortable as possible. Here are some ways you can help your child feel better and learn how to cope:

- **Give them choices:** Let them pick their favorite movie, which side of the bed to lay on, or if they want the lights on or off. This helps them feel in control.
- **Be honest:** Tell your child what is happening in a way they can understand. Knowing what to expect helps them feel less nervous.
- **Let them talk:** Encourage your child to ask questions and share how they are feeling.
- **Keep it quiet:** A calm and peaceful room can help a child relax.
- **Stay calm:** If you stay relaxed, your child will likely feel more relaxed too.
- **Practice deep breathing:** Taking slow, deep breaths helps the body relax.
- **Use distractions: Games, toys, or movies can be** used to help them focus on something other than any pain. Bubbles and pinwheels are also great tools.



- **Use imagination:** Ask your child to tell you a story or describe their favorite place in detail.
- **Offer comfort:** Hugging, cuddling, or just holding their hand can make a big difference.
- **Stay close:** Children feel much safer when their parents or caregivers are nearby.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>