

Depending on the type of surgery your child is having, they may experience some pain after surgery. Some tips we have for parents who are supporting their child in pain are:

- ✓ YOU know your child better than anyone. Tell us how he/she will likely act when in pain. Help us to understand them, to know what to expect, and how best to help you both.
- ✓ DON'T ever lie about pain to your child. Do not tell them that "this won't hurt" if you think there is a possibility that it might. The surprise of pain upsets children the most.
- ✓ Describe the upcoming procedure, surgery, etc. to your child in your own words after the doctor or nurse explains it to you. When you tell your child what will happen, it won't sound as scary.
- ✓ DON'T ever threaten your child with a needle in order to gain their cooperation. DON'T tell them you'll leave, unless they act better. This will only scare them and make it more difficult for everyone.
- ✓ If YOU feel very anxious about being present when your child experiences pain, tell the doctor or nurse BEFORE that pain begins. Then we can help you tell your child what will happen, and how we can stay and help support them.
- ✓ Talk to your child about relaxing and how the relaxation can decrease their feelings of being scared. Tell him/her to pay close attention to what you and the staff members are saying and doing so you can work together to stay in control and help keep the pain as low as possible.
- ✓ You can help your child to relax before, and be distracted during, a painful experience using the same type of soothing things you do at home. Your being there is very important to your child. To help relax your child, use soothing words and touch. Rhythmic stroking of the child's hair, arm, etc. is often very relaxing. You can sing a favorite song softly and rock back and forth. You can talk about your child's favorite thing to do, place to go, people he knows- get and keep their attention
- ✓ Talk to you child often about how well they are doing telling you about their pain, and working with you, the doctors and nurses, to keep their pain low. Tell him how glad you are that you're with him. Pat yourself on the back-being a parent and supporting one's child experiencing pain is HARD work- you deserve it!