

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

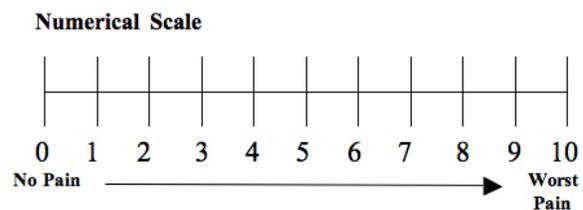
# Helping the Hurt at Home

## What it is:

Sometimes when children go home after an accident or surgery, they have pain. There are many things that you can do to help lessen your child's pain. Children 3 years of age and older can rank pain using one of the following pain scales. For the scale with faces, ask your child to point to the picture that best shows how he or she is feeling. For the number scale, ask your child to tell you what number best describes how he or she is feeling.



From Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P  
Pediatric Nursing, ed. 6, St. Louis 2001, p.1301. Copyrighted by Mosby, Inc. Reprinted by permission



## What to do:

- Some ways that you can help your child's pain include:

Infants:

—pacifier —holding —gentle massage —quiet music —singing —rocking.

Toddlers:

—rocking —holding —listening to music —bubble-blowing —reading —massage  
—activities to take your child's mind off of pain such as books, toys and games.

School-age and Adolescents:

—breathing techniques —visual imagery —videotapes —music —massage  
—activities to take your child's mind off of pain such as books, toys and games.

- Pain Medicines are safe for your child when they are given as directed. If your doctor ordered pain medicine with an opioid (**narcotic**) that has acetaminophen (**Tylenol**), do not give extra acetaminophen (**Tylenol**) with it.

- Side effects from opioid medicine may include:
  - upset stomach (**nausea**)      —throwing up (**vomiting**)      — itching.
- Give pain medicine with food. This can lessen the side effects.
- Talk to your pharmacist if you have any questions about your child's medicine.

## Call your doctor right away if:

- your child's pain gets worse.
- your child is having side effects from the medicine.
- you have any questions or concerns.

Some illnesses are treated with medicine. If you want to know more about your child's medicine and how to give it, ask your pharmacist. The next medicine dose at home is due at: \_\_\_\_\_

## Now tell us:

- how you will care for your child.
- how you will know if there is a problem.
- what you will do if you find a problem.



If you have any questions or concerns,  
 call your child's doctor or     call \_\_\_\_\_

If you want to know more about child health and illness,  
 visit our library at The Emily Center at Phoenix Children's Hospital

1919 East Thomas Road

Phoenix, AZ 85016

602-933-1400

866-933-6459

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