

Pain Management Strategies

As well as being distressing for the young person and their family, experiencing pain can impair a child's cognitive functioning and ability to learn.

- ❖ Keeping to a set routine will aid getting a good night's sleep which can help the body to rest and heal.
- ❖ Keep the bedroom just for sleeping and ensure that the child spends the greater part of their day occupied in other parts of their home.
- ❖ Avoid over stimulation or over exertion, especially before sleeping.
- ❖ Using deep breathing (e.g. breathing in and out for four seconds) can aid relaxation.
- ❖ Playing music or having relaxing smells can help with pain management.
- ❖ Massaging hands and feet can provide relaxation and reduce muscle stiffness.
- ❖ Ensure that your child can talk about their pain and that they can communicate to an adult where their pain is. Consider using a pain chart with sad and happy faces, or numbers 1-10 to record levels of pain. Only ask your child to record their pain when they say they are in pain.
- ❖ Build in regular rest or movement breaks - these may need to happen every 15-20 minutes if pain levels are high.
- ❖ Routine can help regulate the body's nervous system function, reducing pain and improving mood.

- ❖ When pain is significantly impacting on day to day activities, prioritise what is essential and don't worry about not doing everything. Reflect on what you have achieved and see the positives.
- ❖ Remember you are likely to have good days and bad days - on a good day try not to overdo it and continue to pace activities, take regular breaks, have time to relax, have movement breaks/exercise and prioritise.
- ❖ The video [painbytes](#) and website [pain toolkit](#) may be useful for parents and children.