

Parent Guidelines: When Your Child Has Pain and

Here are some simple guidelines for you to follow. It is very important for your child to have the family support and encouragement while he or she is learning new skills. These guidelines should be very helpful to you and your child. Try to also get other family members to follow these guidelines.

- 1. Encourage your child to manage his/her pain independently.**
- 2. Eliminate status checks. Do not ask about pain or how bad it is.**
- 3. Praise your child for actively coping and using the skills they are learning.**
- 4. Encourage normal activity during pain episodes. We strongly encourage children to attend school even when they are experiencing pain symptoms.**
 - a. Communicate with schools about possible accommodations for child (unlimited restroom breaks, access to water/snacks, extra set of school books, time to practice relaxation)**
- 5. If pain leads to a reduction in activities, treat this as you would an illness. Especially during pain episodes, you may allow him/her to go to bed and rest for a period of time. However, no watching TV, playing games, or special treatment during this time.**
- 6. If medication is requested, follow the doctor's guidelines.**