

# PARENTS & CAREGIVERS

## CAREGIVERS OF KIDS with Chronic Pain



As caregivers – **YOU** matter too! Be sure to apply self-care and self-compassion to yourself. Remember the children are watching and will model after your behavior and how **YOU** manage your pain experience.

### **PAIN** and the Family

Pain is like an unwanted guest who won't leave – it disrupts family life. The family needs help as a whole.

Your child's pain is **REAL** and so is yours. Watching your child in pain is crippling to parents - be kind to yourself.

Your child is watching how you respond to treatment recommendations.

Caregivers have an active and unique role in the management and support of their child getting back to thriving. Biology is on your side!

### **WHAT YOU** Can Do



Learn all you can about pain. The more you understand about chronic pain, the more confident you will feel about the treatment plan.



Get knowledgeable about coping tools available for your child. Be encouraged when your child is distracted by something and not demonstrating pain behaviors.



Remember to keep your eye on your child's developmental milestones. Be sure that pain interventions do not stall their development.

# IT TAKES A TEAM

Chronic pain is complex and needs a team of interdisciplinary professionals to treat the pain and its impact on your child's and your family's life.

You and your child are key players in this pain management team.

Be open to all treatment possibilities. Avoid the temptation to gravitate to only one discipline/practitioner.

Be sure to lean on your 'Pain Team' when waves get rocky during pain flares. Surges in pain may occur and are not necessarily a sign that things are getting "worse". Re-training the brain is hard work and takes time.

Don't be afraid of the Social Workers - we are here to help you and your family.



# WHERE TO FIND a Clinical Team

## Pain Clinics for children (outpatient) in Ontario:



### Hamilton

McMaster Children's Hospital, Hamilton Health Sciences Centre



### London

Children's Hospital, London Health Sciences Centre



### Ottawa

Children's Hospital of Eastern Ontario



### Toronto

Hospital for Sick Children



### Toronto (Inpatient)\*

Holland-Bloorview Kids Rehabilitation Hospital

*\*Note: Referrals to this specialized inpatient program are made from the outpatient chronic pain clinics only.*

# LEARN MORE About Paediatric Pain

*When Your Child Hurts* by Rachel Coakley

*Managing Your Child's Pain* by Tonya Palermo

*Explain Pain* by Butler & Moseley

**PainBytes** - [www.aci.health.nsw.gov.au/chronic-pain/painbytes](http://www.aci.health.nsw.gov.au/chronic-pain/painbytes)

**MyCarePath** - [www.mycarepath.ca](http://www.mycarepath.ca)

**Paediatric Chronic Pain Program** - [www.lhsc.on.ca/paediatric-chronic-pain-program](http://www.lhsc.on.ca/paediatric-chronic-pain-program)

To learn about short programs designed to help those in chronic pain to cope, contact: **Comfort Ability** - [www.thecomfortability.com](http://www.thecomfortability.com)

Ontario  
Chronic Pain  
Network