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solutions for kids in pain
pour la douleur chez les enfants

Pain Fact of the Month

Children should have a voice when it comes to managing their pain

Children should get to **choose which pain management strategies they prefer**

When children make choices with their body, **they feel in control**

Cuddly toys are great because they help children control their surrounding space

Children should get to **choose to sit or lay down** when possible

Children should be able to **use distraction with a toy or mobile device** during a procedure



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Kleye I, et al. Children's individual voices are required for adequate management of fear and pain during hospital care and treatment. Scand J of Care Sci. 2020;35(2): 530-537. doi: 10.1111/scs.12865