



## Info Rx

# Pediatric Pain

Pain is an unpleasant sensation that may occur because of an injury, surgery or an illness. Pain is one way our body alerts us to pay attention and seek help. Acute pain short term while chronic pain is long term. Below is a list of resources that can be helpful in understanding the experience of pain and how to support those around you.

### **When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain**

*Rachael Coakley*

This guide, written by an expert in pediatric pain management helps parents help their child deal with an array of pain-related challenges.

### **Pain in Children and Young Adults: The Journey Back to Normal: Two Pediatricians' Mind-Body Guide for Parents**

*Lonnie Zeltzer and Paul Zeltzer*

Written to help parents understand their child's pain this book also aids parents in helping their child cope with pain.

### **Managing Your Child's Chronic Pain**

*Tonya M. Palermo and Emily F. Law*

Written for parents, this book which combines research and personal stories provides guidance to help children manage their pain and live a normal life.

### **Conquering Your Child's Chronic Pain: A Pediatrician's Guide for Reclaiming a Normal Childhood**

*Lonnie K. Zeltzer and Christina Blackett Schlan*

Addressing many aspects and kinds of pain, this book aids families in learning how to help their child cope with pain.

### **Soothing Your Child's Pain: From Teething and Tummy Aches to Acute Illnesses and Injuries-How to Understand the Causes and Ease the Hurt**

*Kenneth Gorfinkle*

This book helps parents understand various types of pain that their child experiences as well as how to comfort their child.

## **GrrrOUCH!: Pain is Like a Grouchy Bear**

*Cathryn Morgan*

Written in rhyme, this children's book helps children visualize and communicate pain.

## **Imagine a Rainbow: A Child's Guide for Soothing Pain**

*Brenda S. Miles*

A picture book written for young children to help cope with pain.

*This list was created by caring Families & Professionals*

These resources are available to borrow from:

### **Family & Community Resource Centre**

Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

[frc.ahs.ca/health-information/library/information-prescriptions/pain](http://frc.ahs.ca/health-information/library/information-prescriptions/pain)

For more information contact the Child Health Information Specialist  
at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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