



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 is 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 in pain.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f3468f395213e00126abaf7>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/pain/>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about "Pain in Children".

<https://myhealth.alberta.ca/>



Commitment to Comfort

AHS is committed to making your healthcare experience as comfortable as possible. Commitment to comfort promotes comfort by helping to lessen pain and distress.

<https://www.albertahealthservices.ca/ctc/Page17560.aspx>



About Kids Health

The Pain Team at the Hospital for Sick Children in Toronto created this extensive guide about many aspects of pain.

<https://www.aboutkidshealth.ca/pain>



KidsHealth

In this article, children (and parents) can learn about how pain happens.

<https://kidshealth.org/en/kids/pain.html?ref=search>



My Child Is In Pain

Developed for parents whose children are aged 2-6 years old, this website has practical information that parents can use to help their child with post-surgery pain.

<http://mychildisinpain.org.uk/>



LivePlanBe

Pain BC created this page for those with chronic pain and includes a page for patient education.

<https://www.liveplanbe.ca/>



VIDEO—Understanding Pain and What's To Be Done About It In 10 Min.

Learn about pain and pain management in this cartoon style video.

<https://www.youtube.com/embed/IVdulzi6oYw?rel=0>



VIDEO—It Doesn't Have To Hurt by IWK Health Centre

Kids upset about the pain and distress of getting a needle? It doesn't have to be this way. Watch the Centre for Pediatric Pain Research's 2-minute video to learn some tips about how it can be easier for everyone.

<https://www.youtube.com/embed/KgBwVSYqfps?rel=0>



VIDEO—The Power of a Parent's Touch by IWK Health Centre

Watch this short video to learn how researchers have found parents can use breastfeeding and skin-to-skin to help comfort their newborns during painful procedures.

<https://www.youtube.com/embed/3nqN9c3FWn8?rel=0>



VIDEO—Comfort Positioning at Children's Mercy Hospital

Way to help keep your child calm during certain medical procedures are demonstrated in the video by Children's Mercy Hospital.

<https://www.youtube.com/embed/YPi3xT6UCOs?rel=0>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

Updated: January 2024