



## Pain Service

# Tips for helping your child when they are having a procedure

### Information for parents and carers

#### Introduction

Sometimes procedures can be uncomfortable or painful. As a parent or carer you know your child best and there are lots of ways you can help your child to feel less worried during a procedure.

The following tips may be helpful for you and your child.

#### Before a procedure

Make sure *you* understand what will happen before the procedure begins. If you are unsure ask the staff to explain the procedure to you again.

If your child has had a previous bad experience during a procedure please tell the staff before the appointment so support can be arranged.

Give your child simple and honest information about the procedure. Children may want to talk about why the procedure is needed and how it will help, what may happen, where it will happen and what they might feel during a procedure.

Don't promise your child that the procedure will not hurt.

Decide with your child which distraction method to use during the procedure e.g. with a book, toy, DVD etc.

If you do not want to be present during your child's procedure, please tell a member of staff. Let your child know that you will be waiting close by.

You may be asked to hold your child during their procedure. If you do not want to hold your child but would like to stay with them, this is okay, let a member of staff know.

#### During the procedure

- Be positive, encouraging and praise your child often. Don't tell your child "it'll be over soon" or that "it'll be ok" as this can make your child more anxious.
- Talk in a calm quiet voice.
- Position yourself where your child can see and/or touch you. Give your attention to your child, and try not to be distracted by what is going on with the procedure.
- If your child cries let them know it is okay to feel upset. If your child becomes very upset it is okay for the procedure to be stopped to take a short break.

Babies	Toddlers and Pre-schoolers	School-aged children
Hold your baby if possible, or gently pat or stroke them.	If possible allow your child to sit on your lap during the procedure.	If possible allow your child to sit on your lap during the procedure.
Talk softly, sing or play music for them.	Use pop-up books, sound books, favourite stories, light-up toys or blow bubbles to distract them.	Talk about favourite or familiar things, or use your child's imagination to make up a story.
If your baby has a dummy, offer it to them.	Offer favourite toys or other comforting possessions to hold.	Distract your child with a book, game, favourite toy, music or DVD.
If the doctor allows, offer a small breastfeed or bottle feed 10minutes before the procedure.	Play music, sing or talk.	Encourage your child to take slow deep breaths or if safe to do so blow bubbles. with your child.
If possible swaddle your baby.	If safe to do so blow bubbles with your child	
Offer your baby a toy to hold.		

### After the procedure

What happens after the procedure is just as important as what happens before.

- If your child is upset, stay with them until they are calm.
- Talk to your child about their experience and praise them for anything they did well during the procedure.
- Give lots of cuddles or hold hands.
- A baby or infant may like to be offered a feed if the staff are happy for them to do so.

### For further information

Please do not hesitate to contact your child's doctor or nurse

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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