

POSITIVE DAILY REFLECTION

CAN HELP MANAGE PAIN AND ANXIETY

Think with your child about the people, things, or events that have made them happy. Pick one of these and spend a moment savoring it together. What made it so special to them?



Record the moment! Do this for as many pleasant memories as you can. It can be fun to write them on paper and collect them in a container.

Continue storing these special moments until you have a collection to reflect on!

Reflect on the positive memories:

When your child is feeling pain, or in need of joy, choose a memory to read together. Go back to that moment in time together and think about why it was important.



Use the memory collection to prepare for surgery by calmly reflecting on favorite happy experiences.

PEDIATRICS

NON-MEDICATION PAIN MANAGEMENT



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Evidence. Resources. Engagement.

DISTRACTION

CAN HELP MANAGE PAIN

Keep your child's mind off of their pain.
Try these techniques together!

Watch a favorite TV show



Create art - it can be a
great outlet for
expressing feelings

Offer special foods & treats



Play a game, listen to
music, or read a book

Provide physical comfort
such as hugs and gentle
massage (as allowed by
their care team)



MINDFUL BREATHING

CAN HELP MANAGE PAIN



Aim to practice deep
breathing two times a day in 10-
minute sessions. It may be helpful
to you and your child to do this
exercise together.



Breathe in through your nose for
five seconds —counting in your
head “1, 2, 3, 4, 5.” As your child
breathes in, remind them to focus
on the areas of their body where
they feel pain or discomfort.



Breathe out through your mouth
for another five seconds — “1, 2, 3,
4, 5.” Tell them to imagine the
pain leaving their body each time
they breathe out.

Use these strategies at the same time as medications recommended by your
child's doctor to manage pain. They can also be applied to life experiences
beyond the hospital setting and surgery. Scan code for more information.

