



# Pain Fact of the Month

## Child Life Specialists can help children manage their pain and anxiety during procedures

### Child Life Specialists support:

Using numbing creams or sprays to help lessen pain

Talking and playing to distract from pain

Family members staying present and close to the child

Teaching caregivers to use comfort holds

Preparing and educating children about their procedure

Positive reinforcement and developing coping skills



McGinley T, Maskell S, Cantrell K. A systematic literature review of child life in ambulatory settings. *Pediatr Ann* 2020;49(11):e491-8.

[kidsinpain.ca](http://kidsinpain.ca)

[#ItDoesntHaveToHurt](https://twitter.com/kidsinpain)

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Santé des enfants Canada

