



World Eye Cancer Hope
life and sight for every child

My Child's Pain Management Plan

from BC Children's hospital, Vancouver, Canada.

| My child's pain signals | |
|-----------------------------------------------------------|--|
| Cries: | |
| Behaviours: | |
| Body language: | |
| Words: | |
| About the pain | |
| Where is the pain? | |
| How intense is the pain? | |
| Tools my child uses to measure the pain: | |
| How often I should measure the pain: | |
| What makes the pain worse? | |
| What makes the pain better? | |
| What I can do when my child is in pain | |
| Mind-body strategies: | |
| Medications - how and when to give them: | |
| Who I can call when I need help managing my child's pain: | |