

# HELPING CHILDREN DECREASE PAIN AND ANXIETY AT THE OFFICE



# **OUR MISSION**



To empower families with knowledge and support to decrease our patient's pain and anxiety while at the office



# **UNDERSTANDING PAIN**



When something painful happens, a signal is sent to our brain - which allows for some interpretation! We have some control over how we experience pain. Check out this <a href="https://example.com/happens">handout</a> and watch this video to find out how!



# PREPARE AT HOME



Make a plan with your child for any scary procedure (including vaccines and other pokes). See how kids can choose <a href="https://how.their.parent.holds.them">how their parent holds them</a>, what distractions they prefer, and what pain-reducing products they want to use.

#### CREATE A PERSONALIZED POKE PLAN

Click here if your child is under 3
Click here if your child is 4 or older



# AT THE OFFICE



Bring your **Poke Plan** to your appointment.
We will do our best to follow your plan and make your visit as anxiety-free as possible!



# **AFTER YOUR VISIT**



Watch this <u>video</u> to learn about some concepts to keep in mind after the visit

www.childhealthassociatespc.com