

## ***Ten tips for parents in dealing with chronic pain***

- 1. Every pain is real, even when no physical illness is present.** Discussing whether the pain really exists or not does not help. It's much more important to consider what your child can do about the pain.
- 2. Encourage your child to do something about the pain independently and actively.** Your child has already learned that he or she can distract him or herself with thoughts or behaviors; for example, by thinking about something nice, bike riding, meeting friends, but also moderate TV watching or playing computer games can be helpful. It's important that your child fights against the pain by him or herself! You can be his or her coach, but you cannot take the pain away.
- 3. Your child should live a normal everyday life as good as possible, even when in pain.** To a normal everyday life belongs going to school regularly, as much as everyday activities in the household and in free time.
- 4. Be careful not to take care of your child in an especially loving way on account of his or her pain.** Rather do that during longer pain-free periods or when he or she has distracted him or herself well, and celebrate it together.
- 5. Don't spare your child unpleasant duties because of his or her pain.** Even when in pain, your child should do his or her homework and household chores.
- 6. Don't ask your child if he or she is currently in pain.** Pain gets worse if one concentrates on it or is reminded of it.
- 7. If you yourself suffer from pain, try to be a model by doing something active about your pain.** You can achieve this with a confident attitude, distraction, going for walks or listening to music.
- 8. Careful with medications! Consultation with the doctor is in any case essential before taking medication.** With certain pain, a medicinal treatment is sensible (for example, with migraines), with others not (for example, with tension headaches).
- 9. Inform everyone who comes into contact with your child about how to deal with the pain.** Teachers, family members and friends should pay as much attention to these tips as you.
- 10. Always praise your child for dealing well with the pain.** This means that your child has done something independently about his or her pain.