

Pain Resources for Young People

Pain is very common in many health conditions experienced by children and young people. These resources are to help you understand more about pain and what you can do to help yourself feel better and more in control.

A. Pain Resources

Why Do I Have Pain?

<http://kidshealth.org/kid/talk/qa/pain.html>

"Why Do I Have Pain?" is an online resource where children learn how pain physically occurs in their bodies, as well as why people experience pain

Imagine a Rainbow: A Child's Guide for Soothing Pain

by Brenda S. Miles, PhD, Illustrated by Nicole Wong
Hardback: 32 pages. Publisher: Magination Press 2006
ISBN: 1-59147-384-5

No Pain Zone

<http://www.nopainzone.com/index.html>

The personal site of a teenage girl and former SickKids patient with Reflex Sympathetic Dystrophy (RDS), this site offers a first-person perspective on dealing with chronic pain

AboutKidsHealth: Just for Kids

<http://www.aboutkidshealth.ca/JustForKids/default.aspx>

A website aimed at children, covering topics such as dealing with pain

KidsHealth

<http://www.kidshealth.org>

Information about the health, behavior, and development of children and teens, with sections for parents, teens, and children

Opioids

<http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1453Opioids.pdf>

Explains what opioids are and their side-effects. Also includes what to do if you miss a dose. British Columbia Children's Hospital

Pain, Pain Go Away: Helping Children with Pain

http://rch.org.au/emplibrary/anaes/Pain_go_away.pdf

Suggestions about how to recognize pain and offers strategies to help you cope.

Camp Pain Retreat

<http://www.painretreat.net/> - An interactive website that provides information for young people about chronic pain and headaches. Visitors click on various camping-themed aspects and learn about muscle relaxation, guided imagery, and

A list of resources for young people to help in understanding and relieving their pain. Also included are resources to help young people and their families navigate the health care system



B. Finding Your Way Around the Health Care System

Going to the Doctor

http://kidshealth.org/kid/feel_better/people/going_to_dr.html

Helps you understand what to expect at your next doctor's appointment

Think You Know

<http://www.thinkuknow.co.uk/>

Searching the internet safety tips (individual sites for 5-7 year olds, 8-11 year olds, teen and parents)

What Kids Say About Their Health

http://kidshealth.org/kid/stay_healthy/body/poll_health_literacy.html

Explains the concept of health literacy, and why it is important to be health literate

University of Connecticut: How to evaluate Websites

<http://library.uchc.edu/departm/hnet/rbevalwebsite.html>

Family Health and Literacy: A Guide to Easy-to-Read Health Education Materials and Web Sites for Families

<http://healthliteracy.worlded.org/docs/fhl.pdf>



These resources are current as of January 2010.

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