

# What is pain?

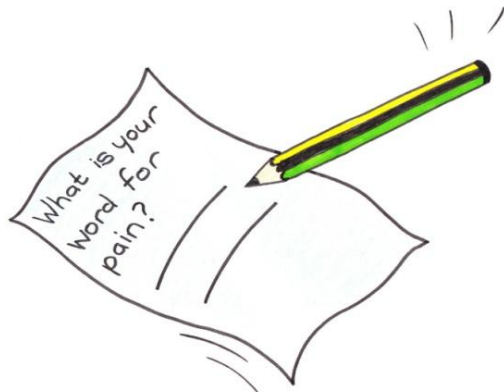


Something happened to your body and now a part of your body is very sore.

People use different words to explain this feeling. Some say they feel **pain** or they **hurt**. Others use the words **owie**, **eina** or **ouch**.

What do you say when a part of your body is sore?

Remember to tell your doctor or nurse what your word is!



Do you know why our bodies sometimes hurt? Our bodies can feel...

You can feel if something is hot



or cold.

You can feel if something is itching or tickling.



You can also feel when your body is hurting, even if you can't see the hurt..

Your body does not hurt because you did something wrong!

When a car is not working the way it is supposed to work, a light will flash on the dashboard to warn us so that we can do something about it .



Our bodies don't have warning lights like a car. However, when your body is not working the way it should work, it starts to hurt and you feel pain to warn you.



This is so that you will not hurt your body even more.

If you don't feel pain when you break your leg, you might keep on walking on the broken leg and damage it even more.

If you are sore or you feel pain, you can go to the doctor so that he/she can help you.

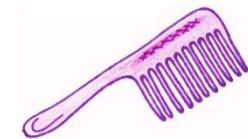


Doctors and nurses can also figure out what is wrong with you by asking you about your hurt or pain.

This booklet will help you to explain this feeling to your doctor or nurse.



Sometimes our bodies feel just a little bit of pain like when you comb your hair.



Other times it can hurt a lot, like when you fall down real hard.

Remember to tell your doctor or nurse how much you hurt!

You can use these faces to tell other people how much you hurt:



No hurt



Hurts just a little bit



Hurts a bit more



Hurts a whole lot



Hurts very much

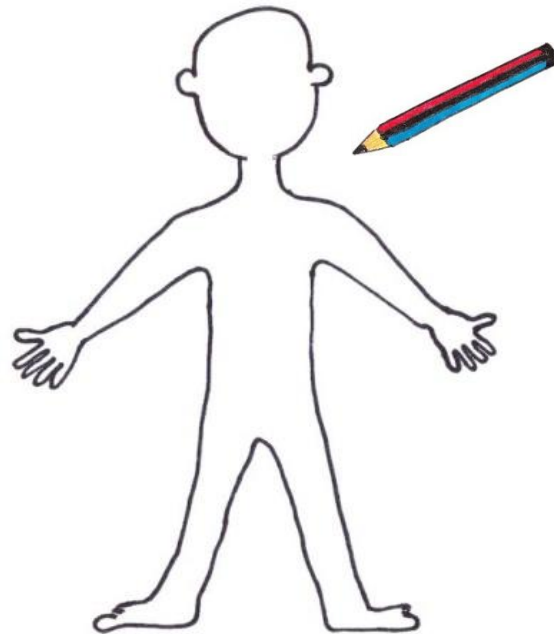


Worst hurt ever

We can feel pain in different parts of our bodies.

Where do you hurt?

You can draw where you hurt here:



We do not always hurt the same way.

Sometimes it is one kind of hurt that stays the same and doesn't go away.



Sometimes the pain gets worse, but then all of a sudden gets better again, just to get worse again.



Sometimes it is a throbbing kind of pain - every time your heart beats, it is sore.

It can even feel as if someone is playing on a drum inside your body.

Sometimes it feels like there is a fire burning somewhere inside your body.



Remember to tell your doctor or nurse what kind of pain you feel.

# What can I do about the pain?



You can do a lot of things to make the hurt feel better.

Some will work better than others.

Ask your doctor or nurse to help you find something that will work best for you.

**Remember to always tell your doctor or nurse before you do any of these things!**

Sometimes the doctor gives you medicine that will make the pain go away.

Remember to always check with an adult before taking any medicine.



Sometimes it might help to gently rub the sore part. Maybe you can put a hot pad on the part of you body that hurts. Or maybe a cold pad would be better.

Ask your doctor or nurse what will be best for your kind of pain.



Sometimes the way you lay in bed will make a difference. Maybe you can turn on the other side.

It might help to put a sore arm or leg on some extra pillows.

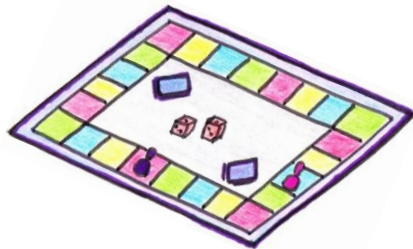
You can also try to take some deep breaths and slowly blow out again, like when you blow bubbles, or you can blow an imaginary feather off your big toe!





Sometimes it will help to hold someone's hand. You can also hug your favourite teddy or a soft pillow.

You can watch television or listen to some music.



Maybe you can ask someone to read you a story or play a board game with you.

What about playing with your favourite toy.

What is your favourite toy?

You can also try and think of a very nice place you would like to go to.



Where is that place?  
What does it look like?  
What does it smell like?  
What sounds will you hear there?

### Did you tell your doctor or nurse...

- ✓ What your word for pain is?
- ✓ How much you hurt?
- ✓ Where you hurt?
- ✓ What kind of pain you feel?
- ✓ What you are doing about it?



**Hope you feel better soon!**