

UNDERSTANDING YOUR CHILD'S PAIN

At TerryWhite Chemmart, we are your partner in children's pain, and care about your family. We want to help you better understand your child's pain, and how you can support them.

Colour-me in

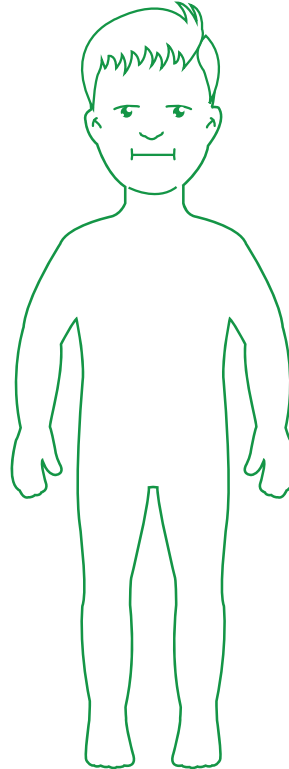
It can be difficult for some children (particularly young ones) to express where they are experiencing pain. Ask your child to indicate where they are in pain by colouring the area that hurts.

Pain Scale

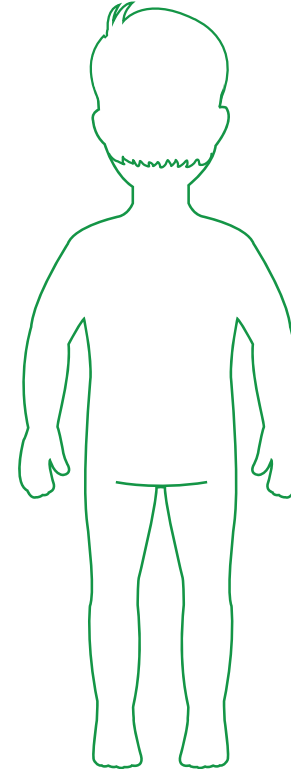
This pain scale may help your child articulate how much pain they are in and the type of support they need. Ask your child to choose a face that represents this, from 0 (happy = no pain) to 10 (very upset = extreme pain). If your child is in extreme pain, you should see a doctor immediately.

More information at
terrywhitechemmart.com.au/pain

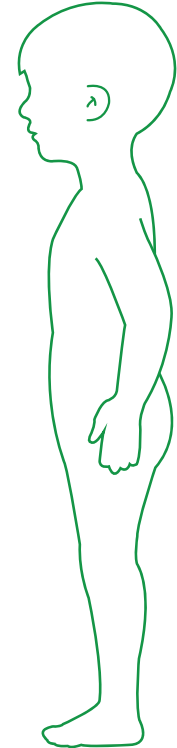
FRONT



BACK



SIDE



*This is a support tool developed by TerryWhite Chemmart to aid in managing children's pain. Please speak to your doctor or pharmacist on what may be right for your child.



0

No Hurt



2

Hurts Little Bit



4

Hurts Little More



6

Hurts Even More



8

Hurts Whole Lot



10

Hurts Worst