

THE SIMPLE ACT OF **TALKING** IN A SPECIAL WAY TO YOUR CHILD **CAN CHANGE** HOW THEY REMEMBER **PAIN**



Pain isn't over when it's over. Our memories of pain stay with us into adulthood. **But there is good news.** Scientific research tells us that we can **shape pain memories to be more positive.**

By choosing to talk about a painful experience in a positive way, you can change your child's memory of it to be more positive too.

How? Use this powerful combination:

USE POSITIVE TALK

Don't talk about pain or scary feelings. Focus on the positive.



"Someone helped you, the nurse was so nice."

"You rolled up your sleeve, turned on your video, and it was over really quickly!"

KEEP IT REAL

Catch exaggerations and remind your child what really happened.



"I cried for so long!"

"Yes, you cried, but only for a few minutes, remember? Because then we got ice cream!"

BUILD THEM UP

Tell your child that they were brave, and why. Celebrate.



"You were so brave, I'm proud of you!"

"You took deep breaths and distracted yourself with your video. You knew what to do!"

The benefits?

You are empowered.

Research tells us that your child will be less scared and have less pain the next time.

You empower your child.

You teach your child better ways to remember and manage painful experiences.

Their future looks brighter.

Research tells us benefits are long lasting, helping your child to better manage pain as an adult!



We are Champions for Kids' Pain. Our team is driven, clever and focused. Our research is actively pursuing better ways to understand, diagnose, manage, reduce, and treat pain. **We incorporate research and collaboration for better understanding and better solutions for kids and families living with pain, now.**

Visit us for more! PEAKResearchLab.ca/memory

#TalkingCanChangePain