

Easing Pain in Babies, Children, and Youth

Online resources for ways you can help

For children of all ages

[Pain relief: Comfort kit](#)

Find out how you can help your child manage their pain in the hospital and at home. English, French [From [AboutKidsHealth.ca](#)]



[Mom Hack: What you can do when kids are afraid of needles](#) [Video]

Moms share some simple and easy things they have tried to help their child with a fear of needles. English [Recommended by [kidsinpain.ca](#)]

To view subtitles in another language, select then select . Choose Subtitles/CC from the menu. Now choose Auto-translate and select your language. *Warning:* The translation might not be exactly as it is in English.

[Needle pokes: Reducing pain with comfort positions and distractions](#)

Find out how you can position and distract your child to ease pain from needle pokes. English [From [AboutKidsHealth.ca](#)]



[Needle pokes: Reducing pain with numbing cream](#)

Find out when, where, and how numbing cream can ease the pain of needle pokes for your child. English [From [AboutKidsHealth.ca](#)]

For babies up to 18 months old

[Needle pokes: Reducing pain in infants aged up to 18 months](#)

Find out how you can reduce the pain of needle pokes for your baby. English, French [From [AboutKidsHealth.ca](#)]



[Needle pokes: Reducing pain with sucrose or breastfeeding](#)

Find out how to offer sucrose or breastfeeding / chestfeeding to ease your child's pain from needle pokes. English [From [AboutKidsHealth.ca](#)]

For children 18 months and older

[Needle pokes: Reducing pain in children aged 18 months or over](#)

Find out how to reduce the pain of needle pokes when your child is 18 months or older. English, French [From [AboutKidsHealth.ca](#)]

