



TIPS FOR PARENTS:

How to Help with Relaxation

1) Start practicing relaxation skills when pain is low to moderate.

After your child has some experience with the skills, they can be used when pain is higher.

2) Provide positive support. Even if you only practice for a few minutes, you can make positive comments that will encourage your child to practice again. Try saying things like, "I'm glad we worked on this today," or "every bit of practice helps to make a difference."

3) Stay open to feedback. Let your child know that you can change the tone or speed of your voice, try a new exercise, or make other changes so that the practice best suits your child.

4) Don't focus on pain reduction. Relaxation strategies can reduce stress or anxiety, improve mood, or to help a child to fall asleep, and so they can be useful even if there isn't a direct or immediate reduction in pain.

**For sample relaxation scripts,
click on the "guided exercises" tab at
www.thecomfortability.com**