

How a Child Life Specialist can help

Information for young people with chronic pain

In the Pediatric Chronic Pain Program, a team of health care providers will work with you and your family. Each team member has a specific role that contributes to your care.

The Child Life Specialist can help you and your family by:

- Explaining chronic pain in a way you can understand
- Helping you learn how to cope with pain and reduce its impact on your daily life
- Helping you find ways to express your feelings
- Helping you prepare for medical tests and procedures by learning what to expect
- Helping you find ways to manage if you have difficulty taking medicines or taking part in treatment
- Encouraging you to take part in fun activities that support your treatment goals
- Helping your siblings express and cope with their thoughts and feelings about having a sibling with chronic pain

A Child Life Specialist:

- ✓ is a member of your health care team
- ✓ understands how children and teens develop and how family members interact
- ✓ has experience in working with youth of all ages, and their families.

If you would like to speak with the Child Life Specialist in the Pediatric Chronic Pain Program, please call 905-521-2100, ext 73039.