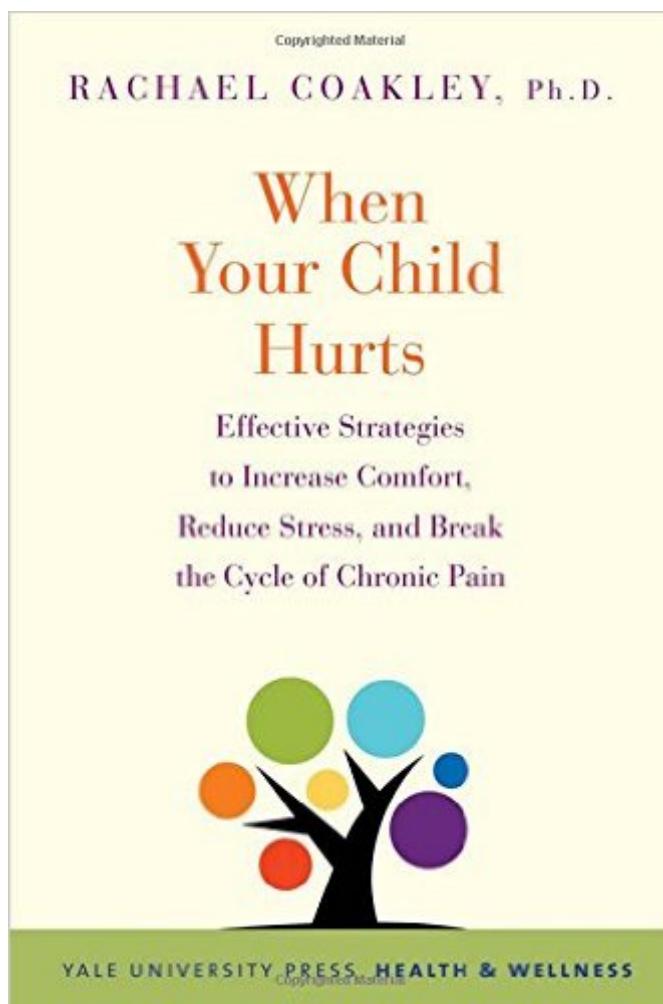


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# When Your Child Hurts: Effective Strategies To Increase Comfort, Reduce Stress, And Break The Cycle Of Chronic Pain (Yale University Press Health & Wellness)



## Synopsis

The foremost resource for parents and caregivers seeking ways to help their child increase comfort and overcome chronic pain. Parents of a child in pain want nothing more than to offer immediate comfort. But a child with chronic or recurring pain requires much more. His or her parents need skills and strategies not only for increasing comfort but also for helping their child deal with an array of pain-related challenges, such as school disruption, sleep disturbance, and difficulties with peers. This essential guide, written by an expert in pediatric pain management, is the practical, accessible, and comprehensive resource that families and caregivers have been awaiting. It offers in-the-moment strategies for managing a child's pain along with expert advice for fostering long-term comfort. Dr. Rachael Coakley, a clinical pediatric psychologist who works exclusively with families of children with chronic or recurrent pain, provides a set of research-proven strategies "some surprisingly counter-intuitive" to achieve positive results quickly and lastingly. Whether the pain is disease-related, the result of an injury or surgery, or caused by another condition or syndrome, this book offers what every parent of a child in pain most needs: effective methods for reversing the cycle of chronic pain.

## Book Information

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## Customer Reviews

This book does an amazing job of shining a light on the very complex and difficult issues that children and teens suffering from chronic pain experience. Modern medicine has come so far, and

yet, so many of these kids are filled with anxiety, confusion, sadness, and anger because these diagnoses often allude skillful clinicians. Dr. Coakley leverages her vast experience at the world renowned Children's Hospital Pain Clinic to first explain, then prepare and finally help teens and children construct a multi-disciplinary plan to find greater comfort and return to their previous levels of function and happiness. The techniques described in this book can be utilized by the child him/herself, with a parent, and/or ideally by a licensed therapist skilled in CBT practices. This book is a surprisingly good read. It is extremely well written, as her skill as a writer rivals her clinical skills. After reading it, I bought multiple copies to give to other parents with a teen experiencing chronic pain, as well as for the pediatrician, school nurse, and guidance counselor. If you know a family challenged by one of these complex, frustrating diagnoses, get them a copy. You might well significantly improve the quality of life of the whole family.

This is a wonderful review of what is needed for a comprehensive pain management plan for children and teens. Medications are often not enough. The non-pharmacological strategies are just as or more important. I will be regularly recommending this book to patients with chronic pain disorders.

A powerful book that includes a helpful understanding of how pain works, assessment of evidence-based professional treatment, and techniques to do at home. The breathing and relaxation exercises are incredibly useful and not just for children but even work for adults too! The writing is clear and informative and Coakley tackles these complex issues brilliantly.

This book is written in such a warm, supportive style with real, concrete ideas to try to help any child dealing with pain...a lot of the ideas helped me too! I highly recommend it for any parents of kids with pain. I came away with a great set of tools and feeling empowered to use them.

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