My Pain Alert™ Instructions Simplified

Help create a shared understanding of how to react to pain by reading the story pages aloud to your loved one and talking about them.

Having your loved one point to the pictures and say the words more than once will help them to know what to do or say when they are hurting, rather than panic, scream or cry.

Our field trial of both sick child and healthy child families proved how well this book training can work to reduce the stress of pain situations.

Because people learn differently we have included: stories, American Sign Language signs, and a song verse for each level of pain. For those who need more help learning we have a “How to..” in the Tools section at the end of the Binder and in the beginning of the original MPASCT.