

Simple My Pain Alert® Instructions

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. Talk to them about shared pain events while pointing to the Level that applies.

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.

To give them more skills and more communication options learn the American Sign Language words together.

For those who need more help learning we have a “How to..” in the Tools section at the end of the My Pain Alert® Plus Binder and in the beginning of the original My Pain Alert® Scale Communication Tool(MPASCT) book.

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 in different ways My Pain Alert® Scale includes: stories, American Sign Language signs, and a song verse for each level of pain.