DEVELOPMENTAL REACTIONS TO PAIN

INFANCY

Babies rely on you, the caregiver, to notice their pain. They may become restless and cling or whine. They may have decreased activity (sleep more, lose interest in favorite toys) or increased, frantic activity. They may have a loss of appetite. They will be difficult to console.

TODDLERS AND PRESCHOOLERS (2-5 YEARS)

Children in this age group experience pain but cannot always identify the source or location of their pain. They need to be reassured that their pain. They need punishment for real or imagined misbehavior. They believe in magical disappearance of pain and that their pain is someone's fault. Children in this group are likely to actively resist during a painful procedure. Children in this age group require less practice with relaxation techniques than children in older groups.

SCHOOL-AGE (6-12 YEARS)

Children in this group can tell you the location of their pain in of body parts. They are afraid their bodies will be damaged or changed. They require more practice with relaxation techniques than do younger children. They often feel a lot of injury-related guilt. For example, a child doing something wrong when he is injured may feel be/she deserves the pain from the injury.

adolescents (13 YEARS AND OLDER)

Teens are often afraid of losing face or looking like a baby. They are often hesitant to express feelings of pain. They should not be teased or ashamed if they cry or demonstrate pain in other ways. This age group often has pre-conceived notions about relaxation and may require more practice than any other age group.