



# How to Explain Chronic Pain to Kids

✨ A gentle guide for parents, caregivers, and loved ones

Because children *notice everything* — and they deserve to understand, not worry.

💬 Use this when:

- You're flaring and don't want to scare them
- You're too tired to play and need to explain why
- They ask, "Why are you lying down again?"



# Why This Matters



## Reduce confusion or fear

Clear explanations help children understand what's happening



## Help them feel safe

When children understand, they can process their emotions better



## Teach empathy and resilience

These conversations build important life skills



## Stop guilt from growing

Children often blame themselves when not told otherwise

Kids are *emotionally brilliant*.

Even when we don't tell them, they pick up on pain, stress, and changes in routine.

💬 **Ask your Navigate Chronic Pain Support Companion:** "What's a comforting way to help my child process this?"



# Key Tips Before You Start



**Keep it age-appropriate**



**Use simple, clear language**



**Be honest, but not scary**



**Focus on reassurance**

"I'm safe. You didn't do anything wrong."



**Let them ask questions**

And answer calmly

✨ You don't need to be perfect. You just need to be kind.



# Sample Script (For Toddlers + Young Kids)

"Sometimes my body hurts in ways you can't see. It's called chronic pain."

"It doesn't mean I'm in danger, and it's not your fault."

"Sometimes I need to rest, like when your tablet needs charging."

"Even when I'm lying down, I still love you. That never changes."

💬 **Ask your *Navigate Chronic Pain Support Companion*:** "Help me explain chronic pain to my 7-year-old in simple terms."



# Sample Script (For Older Kids + Teens)

1

## **Explain the condition**

"My body doesn't work the way it used to. Some days, I feel okay. Other days, it hurts a lot."

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2

## **Explain the impact**

"You might notice I cancel plans or rest more — that's how I manage my pain."

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3

## **Provide reassurance**

"You don't need to fix me or worry. Just knowing you understand helps."

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4

## **Keep communication open**

"If you have questions, you can always ask. I'll be honest and kind with you."

# How Navigate Chronic Pain Can Help



## Get the right words

"Give me a script to explain my pain to my child."



## Reframe difficult feelings

"I feel guilty for not playing today — help me reframe it."



## Find comfort strategies

"How can I comfort my kid when they feel scared about my health?"

When you're too tired to explain — or you're overwhelmed emotionally — let your **Navigate Support Companion** help you.

✨ Navigate Chronic Pain helps you find the words — when the pain makes them hard to reach.

🌐 Try it free: [navigatechronicpain.org](https://navigatechronicpain.org)



# Comfort Tools for Kids

## Snuggle buddy

Comfort object for emotional support

## Flare-up day activity bin

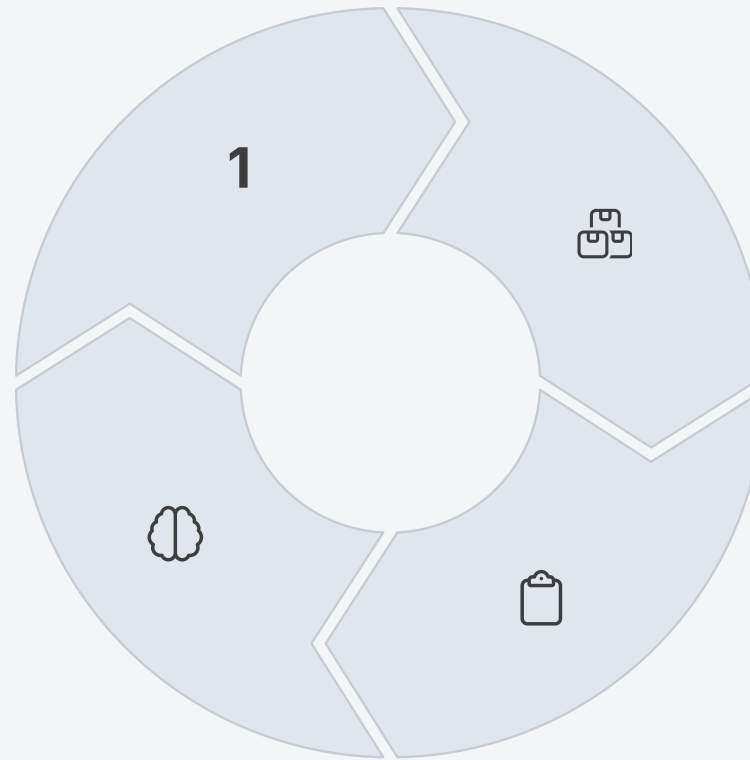
Puzzles, books, quiet crafts

## Simple checklist

"Here's how you can help Mom/Dad today"

## Age-appropriate language card

"Mommy has an invisible ouchie today. She still loves you — a lot."



Create a "comfort bridge" between you and your child.

Make them feel *empowered*, not responsible.



# Share With a Parent Who Needs This



## Single Parents

Managing both parenting and chronic pain alone requires extra support

Parenting with chronic pain is a whole different game.

If you know someone navigating both — send this with love. 💙

✨ For single parents, caregivers, co-parents, teachers

✨ Repostable on social with: **#navigatechronicpain**

You never know who needed this exact language.



## Caregivers & Teachers

Help children understand what's happening at home



## Co-Parents

Working together to explain chronic conditions to children



# You're Doing an Incredible Job

## 1

### Showing up in pain

Even on your hardest days

## 2

### Doing your best

With the resources you have

## 3

### Teaching empathy

In real time, through your actions

If no one's told you lately:

✨ You're showing up in pain

✨ You're doing your best

✨ You're teaching empathy in real time