PAIN MYTHS & FACTS: 
WHAT EVERYONE SHOULD KNOW ABOUT HOW PAIN WORKS

**MYTH**

Kids’ pain experiences don’t matter ...they forget them anyway.

**FACT**

Wrong! Our early pain experiences have long-term impact. They change the way we experience pain and how we feel about healthcare into adulthood.

**MYTH**

There is nothing we can do to prevent the freakout around needles for kids or adults.

**FACT**

Nope. There are simple, effective, research proven strategies that make needle pokes and other procedures a lot easier and more comfortable.

**MYTH**

Needle anxiety is rare. I’m the only one I know who has it.

**FACT**

Unless you’re a hermit who lives in the woods, this is impossible. 25% of adults, 50% of teens, and 63% of kids are freaked out by needles so we just don’t talk about it enough (yet!)

**MYTH**

Medication is always the solution to pain.

**FACT**

While meds can often be useful, there are many other things that help too. Lowering stress, sleep, and other self regulation strategies can make a very big difference.

**MYTH**

I can’t function or do anything until my pain is gone.

**FACT**

Finding ways to get back to normal life and activities needs to happen BEFORE the pain goes away. It’s about learning new coping strategies, new habits, and changing the way you think about pain.

**MYTH**

It’s O.K. to hold my kid down for needle pokes.

**FACT**

Nope, nope, and NOPE. Research shows that holding down kids (particularly on their back) is a recipe for medical trauma. There are great comfort positioning techniques that allow for kids to be both safe and comforted.

**MYTH**

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**FACT**

Finding ways to get back to normal life and activities needs to happen BEFORE the pain goes away. It’s about learning new coping strategies, new habits, and changing the way you think about pain.

**MYTH**

I am always going to feel as bad as I do right now.

**FACT**

Your brain and body are always changing, so pain can change too. With the right kind of intervention, there is great research evidence that you can feel a whole lot better.

**MYTH**

You and your medical team have the same goal... to create a good healthcare experience for you & your kiddo. Collaboration makes that happen. You combine their medical expertise AND your expertise in you and your child.

**FACT**

You need to speak up! Meg Foundation

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