



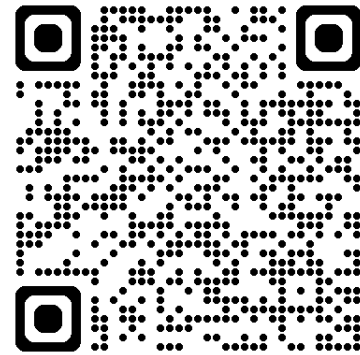
## Connecticut Children's Pain & Palliative Medicine

### Pain Pals: The Experience of Siblings of Pediatric Patients with Chronic Pain

**1 in 4 children** experience chronic pain that impacts school, movement, and family dynamics. Our multidisciplinary team provides compassionate evidence-based care for children in pain to improve daily function, build coping skills, and restore quality of life.

#### Resources:

- **Conquering Your Child's Chronic Pain** – Dr. Lonnie Zelter
- **When Your Child Hurts:** Dr. Rachel Coakley
- **Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can** – Dr. Ben Sedley
- **Meg Foundation**
- **The Comfort Ability® Program**
- **ChildKind International**



#### Contact Us

Phone: 860-837-5207

[PainManagement@connecticutchildrens.org](mailto:PainManagement@connecticutchildrens.org)



With the right tools and support, children siblings and parents can thrive!

