

Books

Coakley, R. (2016). *When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain*. Yale University Press.

Krane, E.J. (2007). *Relieve Your Child's Chronic Pain: A Doctor's Program for Easing Headaches, Abdominal Pain, Fibromyalgia, Juvenile Rheumatoid Arthritis, and More*. Simon and Schuster.

Palermo, T. M., & Law, E. F. (2015). *Managing Your Child's Chronic Pain*. Oxford University Press.

Zeltzer, L.K., and C.B. Schlank. (2005). *Conquering Your Child's Chronic Pain: A Pediatrician's Guide for Reclaiming a Normal Childhood*. Harper Collins Living.

Zoffness, R. (2019). *Chronic Pain & Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain*. New Harbinger Publications.



Videos

"How does your brain respond to pain?"

<https://youtu.be/I7wfDenj6CQ>

This colorful and fun video helps explain the science behind pain.

"The mystery of chronic pain." A TED Talk by Dr. Eliot Krane.

<https://youtu.be/J6--CMhcCfQ>

An interesting talk about how chronic pain works and how to treat it.

"Understanding pain in less than 5 minutes, and what to do about it!"

https://youtu.be/C_3phB93rvI

An easy to follow video that explains chronic pain and ways to make it better.

"Tame the beast."

<https://www.tamethebeast.org/#tame-the-beast>

A wonderful, easy to understand explanation of some of the latest information and research about chronic pain.



Websites

The Comfort Ability

<https://www.thecomfortability.com/>

This website has useful information, videos about kids & teens dealing with chronic pain, and audio samples of guided relaxation exercises.

MYCAREPATH

<https://www.mycarepath.ca>

A detailed website with information on how to understand pain and ways to effectively manage it.

Pain Bytes

<https://www.aci.health.nsw.gov.au/chronic-pain/painbytes>

A comprehensive resource for learning about pain and behaviorally based pain management skills.

Meg Foundation

<https://www.megfoundationforpain.org/chronic-pain>

A resource guide with the goal of empowering children and families to prevent and relieve pain.

