

by Christine Chambers

a year ago

#ItDoesntHaveToHurt Twitter Party September 15, 2016

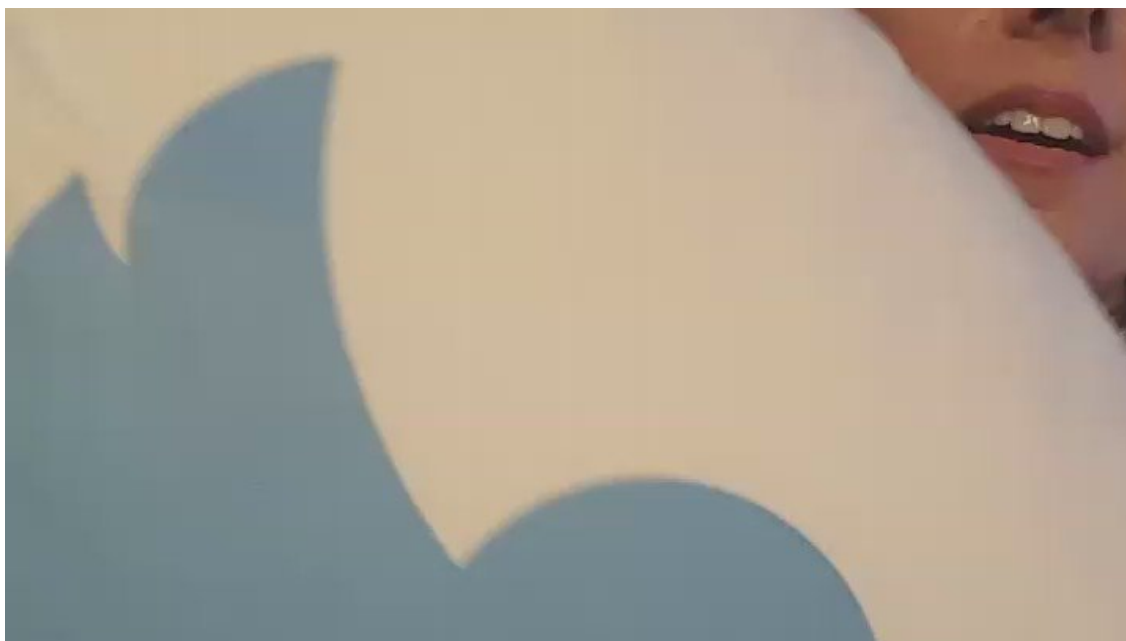
On September 15th, #ItDoesntHaveToHurt celebrated it's 1st anniversary with a Twitter Party. This wasn't just any Twitter Party though! Thanks to Twitter Canada we were able to pilot use of their video Q&A app to answer parents' questions about children's pain live. #ItDoesntHaveToHurt trended #1!

TTMobile CA
@TTMobile_ca

TT CANADA 21:07 1.[#itdoesnthavetohurt](#) 2.[#Bills](#) 3.Revis Island 4.[#NYJvsBUF](#)
5.[#SpotlightAwards2016](#) 6.[#ElectricCities](#) 7.Kevin Garratt

 A YEAR AGO

ICYMI: Storify of the Twitter Party



Let the party begin! [#itdoesnthavetohurt](#) pic.twitter.com/ohG5RZcRcs

 YMCBUZZ @YMCBUZZ · A YEAR AGO

**Julie-Lynne McCann**

@ForeverAngel26

@YMCbuzz So going to be joining....great fun to be had & awesome information to help us all #itdoesnthavetohurt



A YEAR AGO

**YMCBuzz**

@YMCbuzz

YOUR voices were heard and helped drive important research into pain management for children. Amazing right? #itdoesnthavetohurt



A YEAR AGO

**me**

@MetheAndrea

@YMCbuzz I'm in healthcare and can't wait to be part of the discussion #itdoesnthavetohurt



A YEAR AGO

**Jessica**

@JessFest1987

@YMCbuzz We are! So very excited to chat! Being a parent is sometimes scary, happy we have support and are informed. #itdoesnthavetohurt



A YEAR AGO

**André Picard**

@picardonhealth

Enjoying the #itdoesnthavetohurt @TwitterCanada party virtually. Congrats to @DrCChambers and @YummyMummyClub [atlantic.ctvnews.ca/video?clipId=7... ..](http://atlantic.ctvnews.ca/video?clipId=7...)



A YEAR AGO

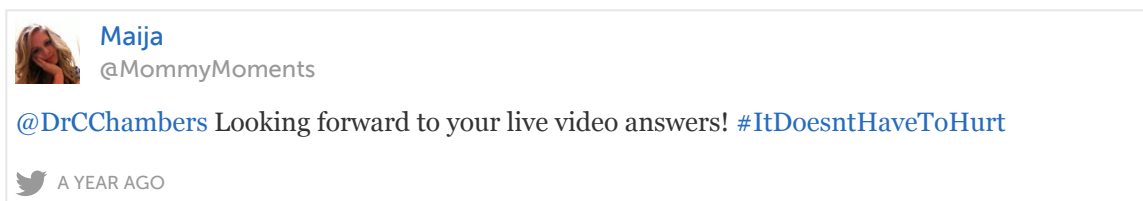
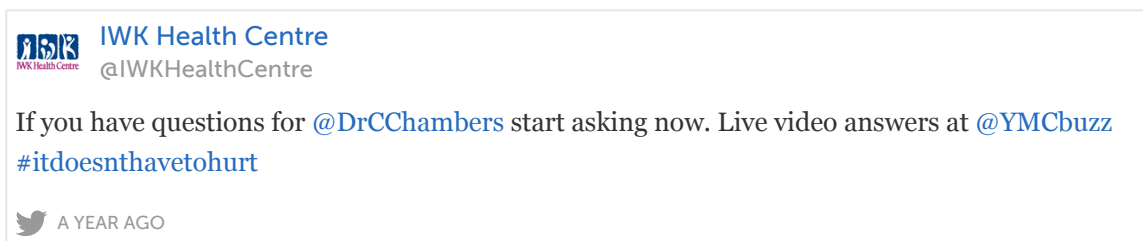
**✧Denise✧**

@1104denise

@DrCChambers @TwitterCanada @YummyMummyClub cute pillows! Can I have one for my daughter? LOL #itdoesnthavetohurt



A YEAR AGO





And we are off! Twitter are you ready for this? [#ItDoesntHaveToHurt](#) [#Tweetingupastorm](#) [#knowledgesharing](#) [#KT](#) pic.twitter.com/bwT2YH8ORt

 JUSTINE DOL [@JUSTINEDOL](#) · A YEAR AGO



Isabel Jordan
[@seastarbatita](#)

Buckle up and get ready for the twitter firehose of info! RT [@DrCChambers](#) Here we go!
[#ItDoesntHaveToHurt](#)

 A YEAR AGO

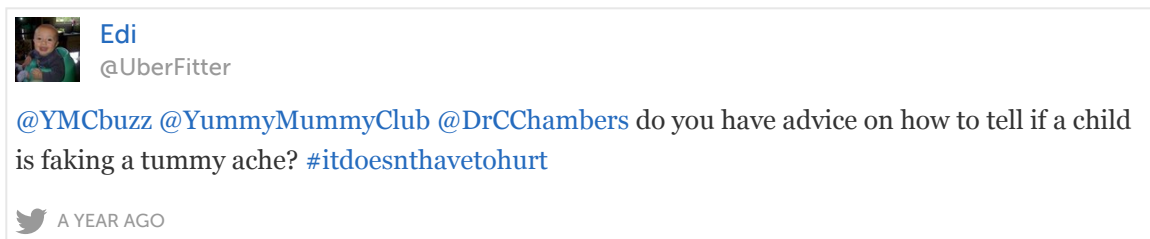
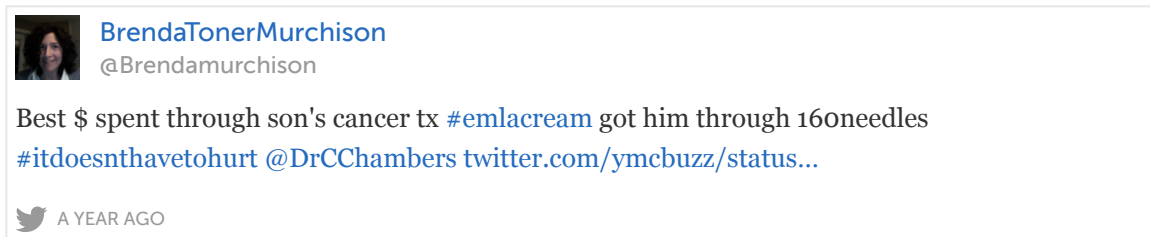
Question 1: Science says you SHOULD question your Doctor. Can you name a time you've done that on your child's behalf? [#ItDoesntHaveToHurt](#)

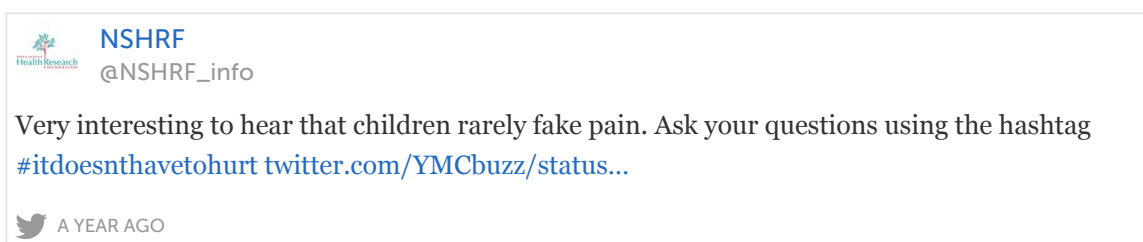


OneSmileyMonkey
[@onesmileymonkey](#)

[@YMCbuzz](#) I'm wondering if using EMLA cream is safe for infants when taking them to get routine vaccinations? [#itdoesnthavetohurt](#)

 A YEAR AGO







 Sunny Chan Tweeted:
@DrCChambers Best way to prevent the

.@DrWaiSun #itdoesnthavetohurt pic.twitter.com/t2QTC9vkX3

 YMCBUZZ @YMCBUZZ · A YEAR AGO



~TheCrazyCouponLady~
@TashasCoupons

@YMCbuzz @DrWaiSun I always breastfed during my son's vaccinations, worked great & he only cried a few seconds :o) #itdoesnthavetohurt

 A YEAR AGO



Immunize Canada
@ImmunizedotCa

#ItDoesntHaveToHurt DYK @ImmunizedotCa has great resources to help #parents reduce kids' #vaccination pain? immunize.ca/en/parents/pai...

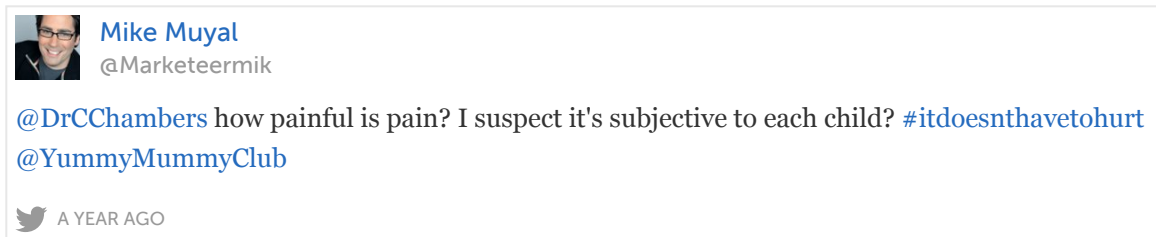
 A YEAR AGO



Canadian Nurses Assn
@canadanurses

Do you have good tips for parents to get children's attention off their pain? #itdoesnthavetohurt

 A YEAR AGO





.@Marketeermik #itdoesnthavetohurt pic.twitter.com/6Nms7iUXDr

 YMCBUZZ @YMCBUZZ · A YEAR AGO



Nicole MacPherson

@NicoleBoyHouse

@YMCbuzz A1 Yes! My first grader had pneumonia; dr said he'd eventually stop coughing. I switched drs because of it. #itdoesnthavetohurt

 A YEAR AGO



Forever In Mom Genes

@LisaThornbury

A1 When a doc told me "I needed to just relax—that my child was fine", when she clearly was not. I spoke up, LOUDLY. #itdoesnthavetohurt

 A YEAR AGO



Christine Bruckmann

@anotheryegmommy

@YMCbuzz @YummyMummyClub A1. yes! 2 years ago when my little girl had to go to the @StolleryKids and I'd do it again. #itdoesnthavetohurt

 A YEAR AGO



Use your B.R.A.I.N when you visit your family physician. [#itdoesnthavetohurt](https://twitter.com/eotK26xpUh)
[pic.twitter.com/eotK26xpUh](https://twitter.com/eotK26xpUh)

 YMCBUZZ @YMCBUZZ · A YEAR AGO



Melissa Finn
 @MelissaFinn

@YMCbuzz A1. Yes when my doctor didn't feel speech therapy was necessary but momma knew it was. He got it & I'm grateful [#itdoesnthavetohurt](https://twitter.com/eotK26xpUh)

 A YEAR AGO



Clair Palmer
 @Clair125

@YMCbuzz A1 I have before when my boys have had pain, and when the oldest was a baby there was lots of times I asked [#ItDoesntHaveToHurt](https://twitter.com/eotK26xpUh)

 A YEAR AGO



Alanna McGinn
 @GNSleepSite

A1: Recently I followed my gut with my Dr for my DD. Turns out I was right. Listen to ur gut and don't be afraid 2 push. [#itdoesnthavetohurt](https://twitter.com/eotK26xpUh)

 A YEAR AGO



Lyn
@HappyGeek75

@YMCbuzz when a dr told me that my one week old baby coughing non-stop was normal. It wasn't. #itdoesnthavetohurt

 A YEAR AGO



☆AmieLove☆
@Amielove7

@YMCbuzz A1 - Yes when my son was really sick they said it was a cold , i knew it was more , i kept coming back ! #itdoesnthavetohurt

 A YEAR AGO



Angela September
@AngelaPSept

@YMCbuzz A1 I ALWAYS ask to make sure the dosage is correct based on my child's weight. Ask pharmacist too! #ItDoesntHaveToHurt

 A YEAR AGO



christine lewis
@luvkiki87

@YMCbuzz A1 my son was diagnosed ADHD and i got more then one doctor to examine him no shame in that #itdoesnthavetohurt

 A YEAR AGO



Maya Fitzpatrick
@mayahoodblog

A1. My husband always questions our doctor about our kids weight & height percentage to see if it's "normal" @YMCbuzz #itdoesnthavetohurt

 A YEAR AGO



Shane S
@RenegadeCustoms

@YMCbuzz a1 we always question to ensure its the best treatment option & not a rushed suggestion #ItDoesnthavetohurt

 A YEAR AGO

**jamie hall**

@JamieNugget

@YMCbuzz A1 yes when the dr told me her diaherria was due to breastfeeding and passed me off as a new mom. Felt stupid [#itdoesnthavetohurt](#)



A YEAR AGO

**Isabel Jordan**

@seastarbatita

A1 My son has a [#raredisease](#). Questioning our drs is a nat'l part of his healthcare. Partnership is necessary. [#itdoesnthavetohurt](#)



A YEAR AGO

**jennifer lucas**

@jenniferlucas10

@YMCbuzz A1 [#itdoesnthavetohurt](#) when the doc sent me to emerge telling me my son had leukemia I said not he just puked & broke blood vessel



A YEAR AGO

YummyMummyClub

@YummyMummyClub

A1 Yup! Two nights ago at [@SickKidsNews](#) my daughter was there for an anaphylactic reaction. [#itdoesnthavetohurt](#)



A YEAR AGO

**ivy pluchinsky**

@LuckyAtWinning

@YMCbuzz A1 not Doctor but Dentist, had to get a 2nd opinion, and was right to do so! so glad we did [#ItDoesntHaveToHurt](#)



A YEAR AGO

**Deborah Coombs**

@Mom2Michael

A1 Any time you are unsure, it's important to ask questions. Be informed. Be an advocate. [#itdoesnthavetohurt](#)



A YEAR AGO

**Monique L.S.**

@minty_mo

A1. I insisted she see specialist. Luckily all ok. [#ItDoesntHaveToHurt](#)
twitter.com/YMCbuzz/status...



A YEAR AGO

**Edi**

@UberFitter

[@YMCbuzz](#) a1 yes, I've asked for some journal article titles so I could read up on my child's treatment [#itdoesnthavetohurt](#)



A YEAR AGO

**Peady**

@Peady

[@YMCbuzz](#) A1 When your gut is telling you something is not right. [#itdoesnthavetohurt](#)



A YEAR AGO

**Jessica**

@JessFest1987

[@YMCbuzz](#) A1. I have not had a time where I had to question my doctor but we make sure to asks questions & get clarity [#itdoesnthavetohurt](#)



A YEAR AGO



Don't forget to trust your gut when it comes to your child [#itdoesnthavetohurt](#)
pic.twitter.com/bi5GDjIte7

 YMCBUZZ @YMCBUZZ · A YEAR AGO

Question 2: Emergency room visits are a fact of life with kids. What brought you to the emergency room last time? [#ItDoesntHaveToHurt](#)

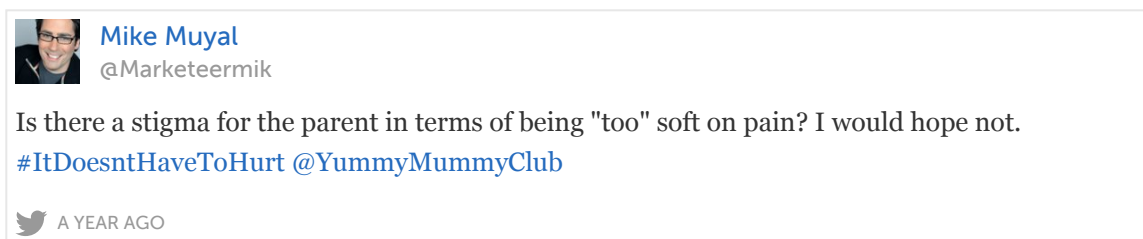


Nicole

@adomesticmomma

Another Q: Is there a way to best handle a child's guilt & anger after an accident that requires emerg surgery? [#itdoesnthavetohurt](#)

 A YEAR AGO





Mike Moyal Tweeted:

.@Marketeermik #itdoesnthavetohurt pic.twitter.com/GqsmneULPj



YMCBUZZ @YMCBUZZ · A YEAR AGO



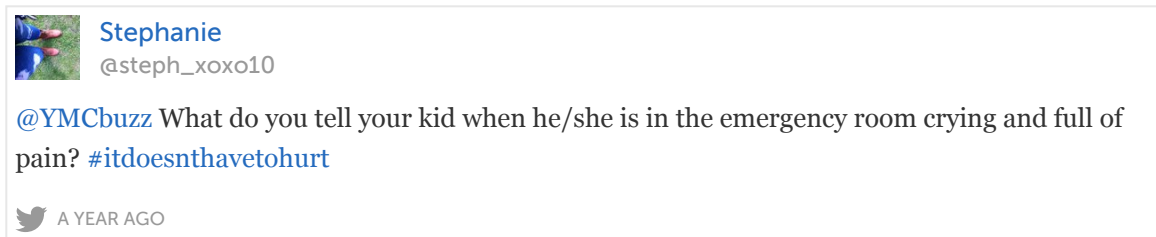
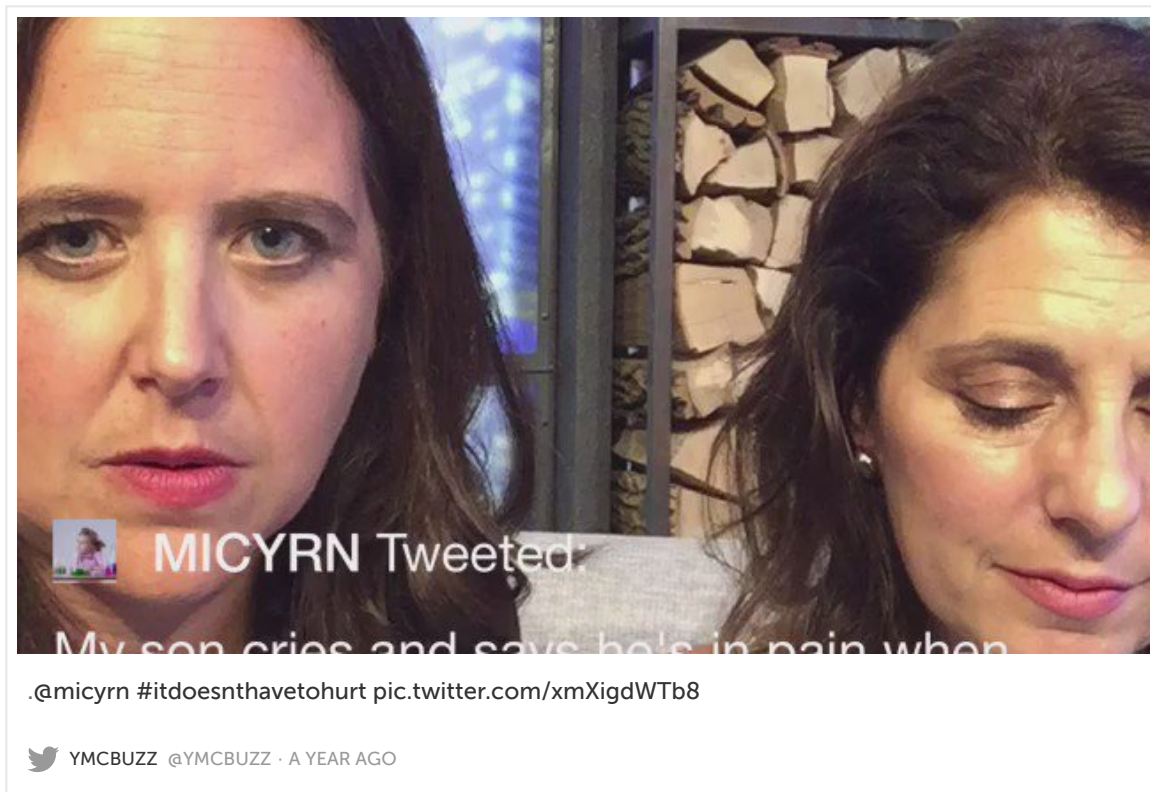
MICYRN

@micyrn

My son cries and says he's in pain when upset about something; remedy=popsicle, ok or does it reinforce feeling? [#itdoesnthavetohurt](#)



A YEAR AGO





.@steph_xoxo10 #itdoesnthavetohurt pic.twitter.com/EFTGtc90hP

 YMCBUZZ @YMCBUZZ · A YEAR AGO

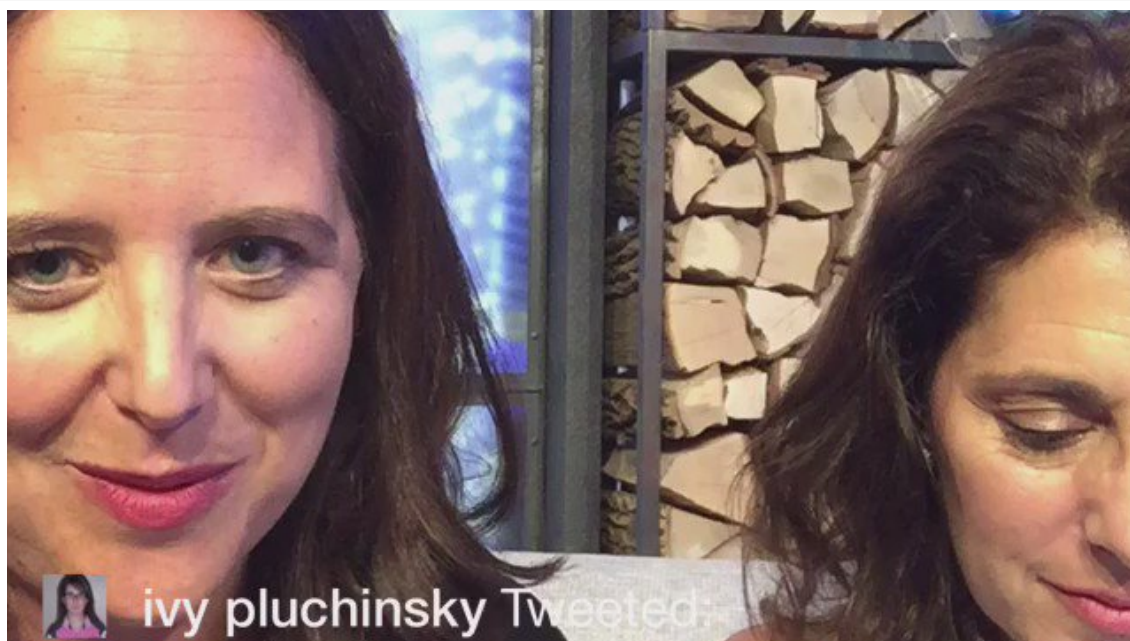


ivy pluchinsky

@LuckyAtWinning

@YMCbuzz @DrCChambers Any advice on how to get a kid to stop freaking out while at the Dr?
#ItDoesntHaveToHurt

 A YEAR AGO



ivy pluchinsky Tweeted:

.@LuckyAtWinning #itdoesnthavetohurt pic.twitter.com/wlqnVv9NK3



YMCBUZZ @YMCBUZZ · A YEAR AGO



Shannon Williams

@shawilli0415

A2 How do we manage our own anxiety as parents when our children are in the ER??

[#ItDoesntHaveToHurt](#)



A YEAR AGO



Shannon Williams Tweeted:

.@shawilli0415 #itdoesnthavetohurt pic.twitter.com/iHYymW06ne



YMCBUZZ @YMCBUZZ · A YEAR AGO



Andrea Mulder-Slater

@amulderslater

@YMCbuzz Is it true that the more a child is hurting, the less they cry? #itdoesnthavetohurt



A YEAR AGO



Andrea Mulder-Slater Tweeted:

.@amulderslater #itdoesnthavetohurt pic.twitter.com/8TDEtu7K8K



YMCBUZZ @YMCBUZZ · A YEAR AGO



jennifer lucas

@jenniferlucas10

@YMCbuzz #itdoesnthavetohurt how do I redirect their attention when they are in pain other than bribery



A YEAR AGO



jennifer lucas Tweeted:

.@jenniferlucas10 #itdoesnthavetohurt pic.twitter.com/BcWDz6TCPY



YMCBUZZ @YMCBUZZ · A YEAR AGO



Forever In Mom Genes

@LisaThornbury

A2 My DD had pneumonia & couldn't breathe. Terrifying. [#itdoesnthavetohurt](#)



A YEAR AGO

Yummy Mummy Club

@YummyMummyClub

A2 My sons damaged thumb from boxing, daughter's broken arm and her anaphylactic reaction sent us to Emergency :([#itdoesnthavetohurt](#)



A YEAR AGO



me

@MetheAndrea

@YMCbuzz A2 The dreaded ear infection! [#itdoesnthavetohurt](#)



A YEAR AGO



Trying to make sure our kids don't get needles hurt less. [#ItDoesntHaveToHurt](#)

Doctor's orders: WATCH TV! [#ItDoesntHaveToHurt](#)

DYK that reassuring your child can actually make needles more painful? Distract instead [#ItDoesntHaveToHurt](#) [pic.twitter.com/gpqgGv67Xd](#)

 CHRISTINE CHAMBERS @DRCCHAMBERS · A YEAR AGO



Melissa Finn
@MelissaFinn

[@anotheryegmommy](#) [@benderjack](#) [@DrCCchambers](#) yes! The phone is a great distraction tool [#ItDoesntHaveToHurt](#)

 A YEAR AGO

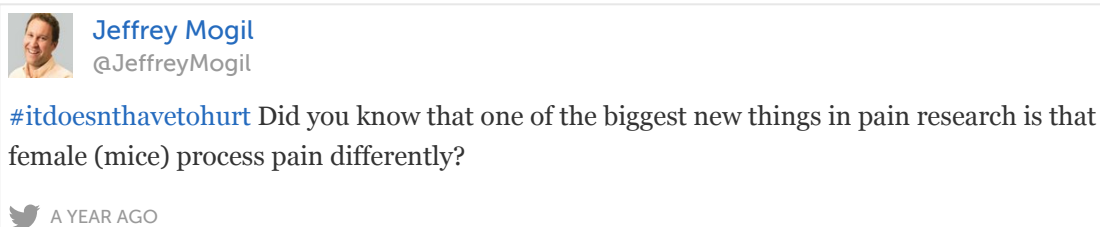
Question 3: There is nothing worse than seeing your child in pain? How do you keep calm in such a stressful situation? [#ItDoesntHaveToHurt](#)



~TheCrazyCouponLady~
@TashasCoupons

[@YMCbuzz](#) [@DrCCchambers](#) What if nothing you try works to calm down your child, especially a young one? [#itdoesnthavetohurt](#)

 A YEAR AGO





ymc YMCBuzz
@YMCbuzz

Did you know that children learn by observing how parents define and respond to their own episodes of pain? [#itdoesnthavetohurt](#)

A YEAR AGO



Your child needs you to be their voice when they are hurt so don't be afraid to ask questions.

[#itdoesnthavetohurt](#) [pic.twitter.com/M70aFFsU6v](#)

YMCBUZZ @YMCBUZZ · A YEAR AGO



Katja Wulfers

@katjawulfers

A2. My daughter broke her collar bone recently. The info I had from [@DrCChambers](#) helped so much! [#itdoesnthavetohurt](#)

@YMCbuzz · A YEAR AGO

Question 4: When it comes to pain medication, why do you think parents tend to under dose their kids? [#ItDoesntHaveToHurt](#)



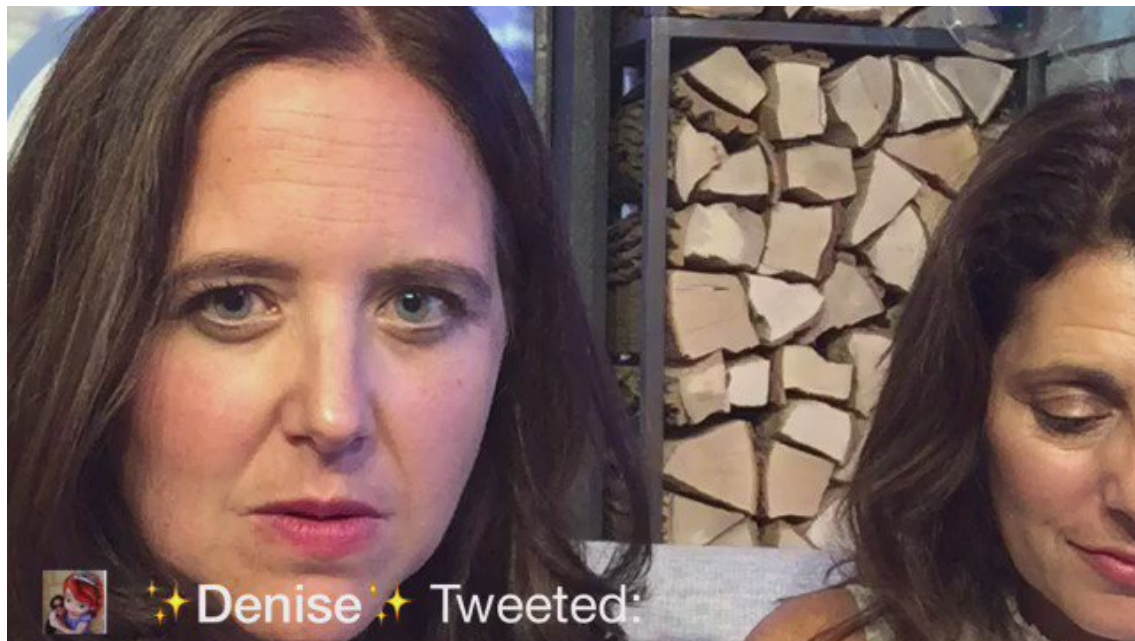
✧Denise✧

@1104denise

[@DrCChambers](#) why do kids want band-aids when there is no blood? for comfort?

[#itdoesnthavetohurt](#)

A YEAR AGO



.@1104denise #itdoesnthavetohurt pic.twitter.com/o6P5JOavPb

YMCBUZZ @YMCBUZZ · A YEAR AGO



Heather Hamilton

@tjzmommy

@MommyMoments @YMCbuzz @1104denise DS is obsessed with bandaids. Every pocket and drawer, desk at school. It's comfort. #itdoesnthavetohurt

A YEAR AGO

AngelKisses0305
@AngelKisses0305

@YMCbuzz @1104denise mine do the same a little scratch and band-aids must go on lol
#itdoesnthavetohurt

@YMCbuzz · A YEAR AGO



Tina Crosbie

@tina_hemepharm

@DrCCchambers @YMCbuzz @YummyMummyClub do u sugest numbing agents & reassurance/distraction together for all encounters? #ItDoesnthavetohurt

A YEAR AGO



KocumPhd [Lucie Kocum, PhD](#)
@KocumPhd
I've always trusted my child's claims of pain. Does this trust provide strength to reduce pain?
[#itdoesnthavetohurt](#) [twitter.com/NSHRF_info/sta...](#)
A YEAR AGO



.@KocumPhd #itdoesnthavetohurt pic.twitter.com/CCa99WSuvA

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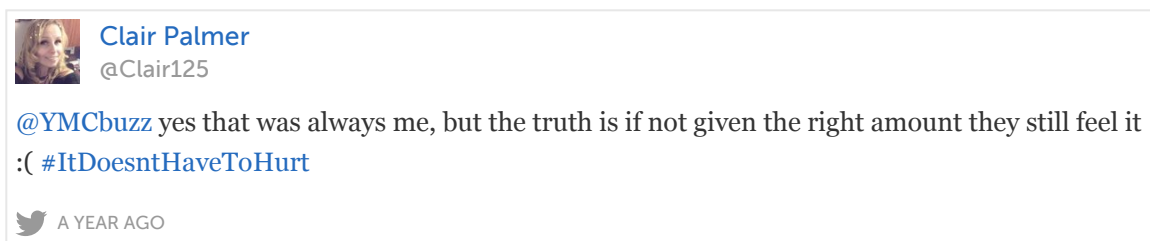
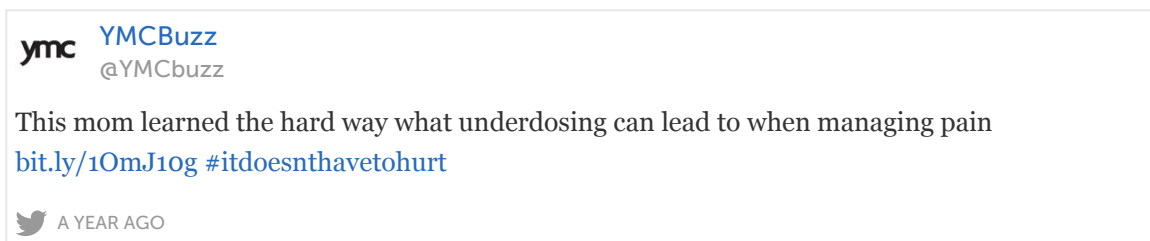
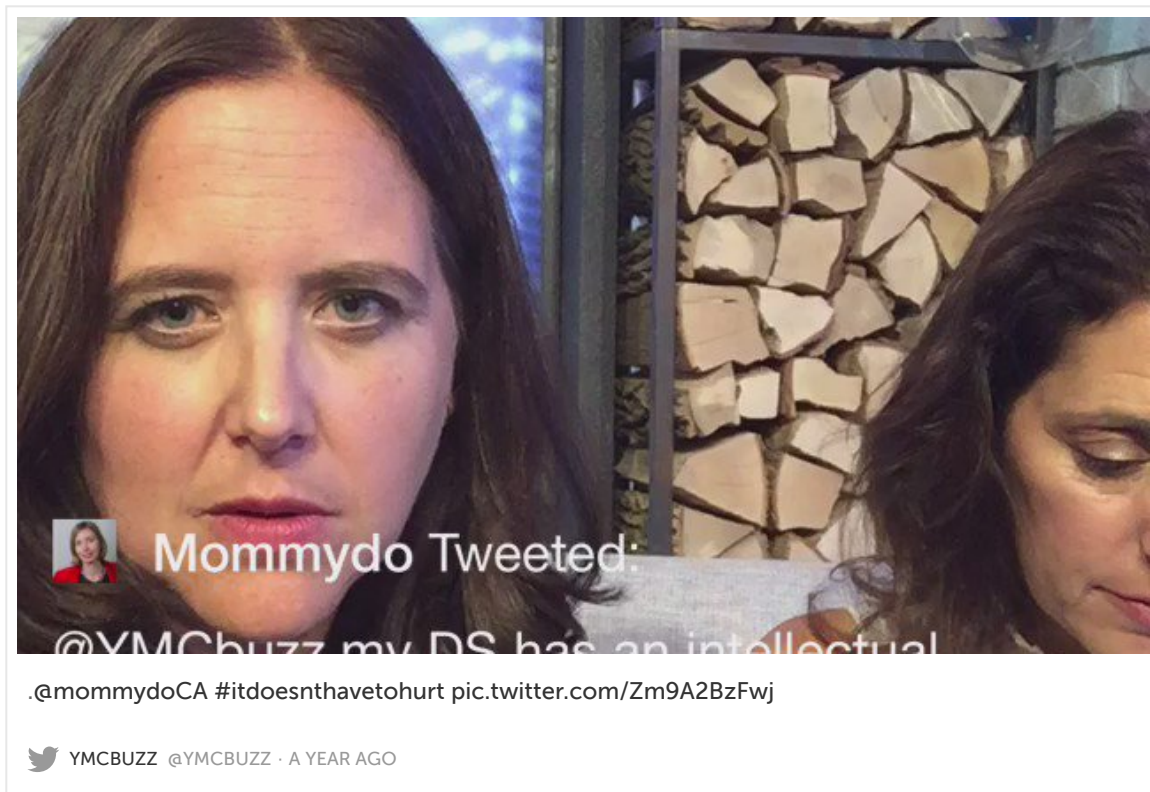


Mommydo

@mommydoCA

@YMCbuzz my DS has an intellectual disability and says she's sick or hurt every day. How do I know when it's real? #itdoesnthavetohurt

 A YEAR AGO





Don't be afraid to offer medication prescribed by a doctor! [#itdoesnthavetohurt](#)
pic.twitter.com/LxylEMuRE5

YMCBUZZ @YMCBUZZ · A YEAR AGO



Ashley Veronica
 @MissBellaVita

@YMCbuzz A4: Probably feel it's safer than overdosing so err on the side of caution. Best to get it just right though. [#itdoesnthavetohurt](#)

@YMCbuzz · A YEAR AGO



Erin Sweeps
 @EisWinning

@YMCbuzz I don't want him to become dependent on medication and then when he has slight pain he'll feel he needs it [#itdoesnthavetohurt](#)

A YEAR AGO



Christine Chambers
 @DrCCchambers

Good pain management for children is part of being @HealthyCdns [#ItDoesntHaveToHurt](#)
buff.ly/2cIBD8g

@YMCbuzz · A YEAR AGO

Question 5: Tummy aches, growing pains, menstrual pains are part of life. Have a question about general aches and pains, ask now! [#ItDoesntHaveToHurt](#)



fathima s.
@faika67

@YMCbuzz A5 whats the best way to cope with tummy aches [#itdoesnthavetohurt](#)



A YEAR AGO



.@faika67 [#itdoesnthavetohurt](#) pic.twitter.com/257AoGtqzt



YMCBUZZ @YMCBUZZ · A YEAR AGO

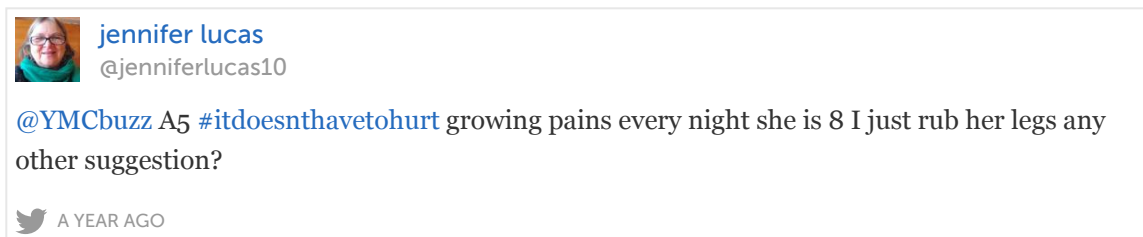
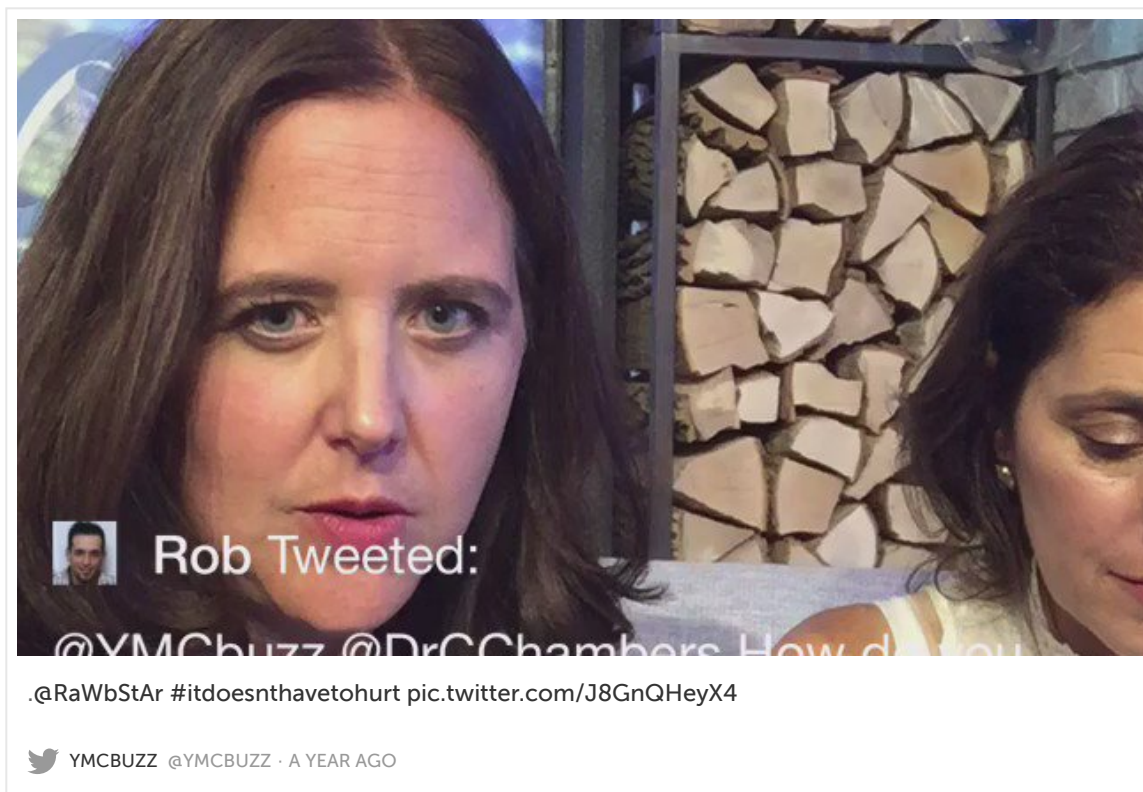


Rob
@RaWbStAr

@YMCbuzz @DrCCchambers How do you deal with your child bleeding if you can't handle seeing blood yourself? [#itdoesnthavetohurt](#)



A YEAR AGO





YOUAREEdadTome [MadTome](#)
@YOUAREdadTome

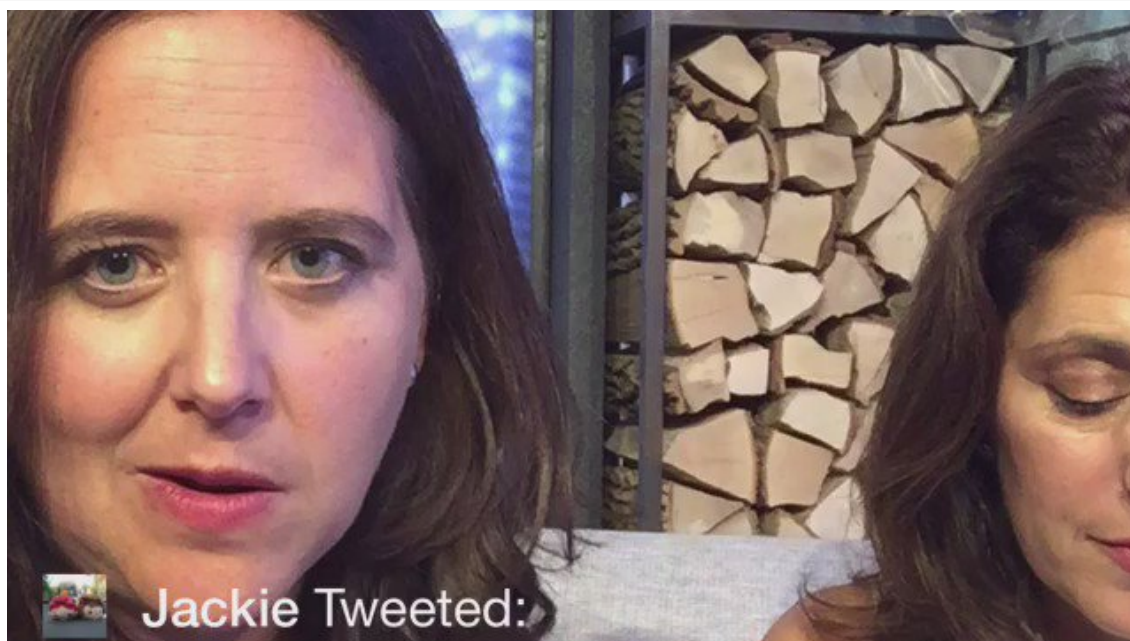
Great [@YummyMummyClub](#) article about coping with [#growingpains](#) found here: bit.ly/1TSfilJ
[@YMCbuzz](#) [#itdoesnthavetohurt](#)

A YEAR AGO

 **Jackie**
@JackieeMan

[@YMCbuzz](#) A5: How do we help our children understand pain and the levels of pain?
[#itdoesnthavetohurt](#)

A YEAR AGO



.@JackieeMan #itdoesnthavetohurt pic.twitter.com/4DBb9FDRRs

 YMCBUZZ @YMCBUZZ · A YEAR AGO



Marsha Campbell-Yeo

@DrMCampbellYeo

Q5: Everyday pains are tough. Use distraction, deep breathing & ask your care provider for help if needed [#itdoesnthavetohurt](#)

 A YEAR AGO



Growing pains are NOT a myth. Read this bit.ly/2cswbVI #itdoesnthavetohurt
pic.twitter.com/xR4sokPGfP

YMCBUZZ @YMCBUZZ · A YEAR AGO

Question 6: Let's see if we can make [@DrCChambers](#) cry. Tell us what you've learned through our year long [#itdoesnthavetohurt](#) program



Cheryl

@sensfan4eva

@YMCbuzz A6 ask your doctor questions and be your child's advocate! #itdoesnthavetohurt

A YEAR AGO



Christine Richards

@tonsoffamilyfun

@YMCbuzz @DrCChambers A6: I learned that we are a team with our children's doctors and to bring up concerns! #itdoesnthavetohurt

A YEAR AGO



Too late – I'm already crying! [#ScienceHelpingChildren](#) – I love it! [#ItDoesntHaveToHurt](#)
pic.twitter.com/g9GhHeY7cJ

 CHRISTINE CHAMBERS [@DRCCHAMBERS](#) · A YEAR AGO



Jenn Annis
[@JennAnnis](#)

[@YMCbuzz](#) [@DrCChambers](#) I don't think I can narrow it down to 140 characters.
[#ItDoesntHaveToHurt](#)

 A YEAR AGO



Isabel Jordan
[@seastarbatita](#)

A6 Most imp't lesson I've learned? I don't have to accept the status quo w/ my kids. There is a better way. [@DrCChambers](#) [#itdoesnthavetohurt](#)

 A YEAR AGO



Isabel Jordan Tweeted:

A6 Most imp't lesson I've learned? I don't

.@seastarbatita #itdoesnthavetohurt pic.twitter.com/O41QlbvCSi

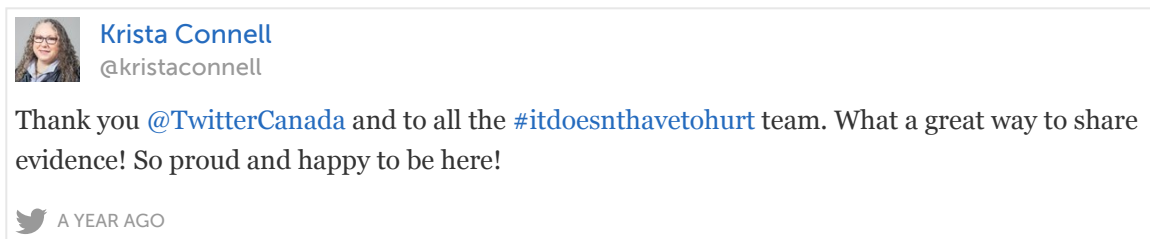
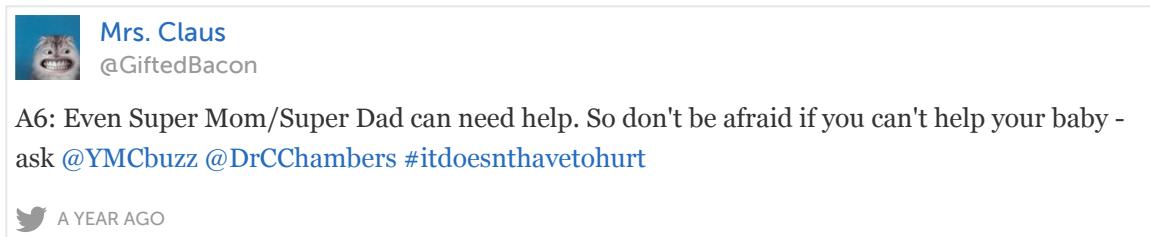
 YMCBUZZ @YMCBUZZ · A YEAR AGO

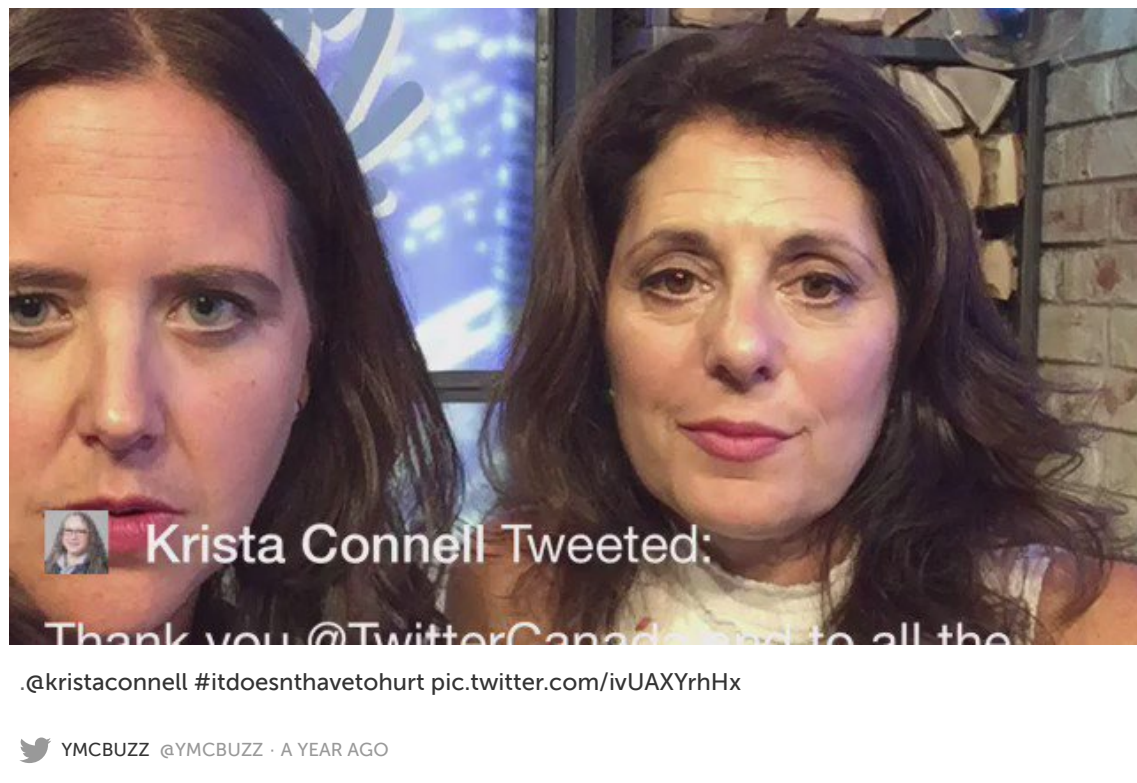


Maija
@MommyMoments

How are you holding up in the @TwitterCanada Blue Room @DrCChambers and @YummyMummyClub ? Love the videos! #ItDoesntHaveToHurt

 A YEAR AGO





Mom2Michael Deborah Coombs
@Mom2Michael

A6 Growing pains are real! My son is not imagining it & he does actually need me at 2am :)
#itdoesnthavetohurt

A YEAR AGO



Julie-Lynne McCann
@ForeverAngel26

@YMCbuzz @DrCChambers A6: 2 many things but it's ok 2 question your Dr, never feel bad about it U need 2 take of family #itdoesnthavetohurt

A YEAR AGO



S Alexis
@salexis

A6 I've learned that as a parent I play a super important role in managing my child pain.
@YMCbuzz @DrCChambers #itdoesnthavetohurt

A YEAR AGO

**Shannon Williams**

@shawilli0415

@YMCbuzz A6: I've learned to be a stronger advocate for my kids during medical appts. I ask WAY more questions!!!! #itdoesnthavetohurt



A YEAR AGO

**YMCBuzz**

@YMCbuzz

Your participation this year has made this program a resounding success with the eyes of the medical community on us! #itdoesnthavetohurt



A YEAR AGO

**jamie hall**

@JamieNugget

@YMCbuzz @DrCChambers A6 not to be afraid to give a child tge recommended dose of pain medication #itdoesnthavetohurt



A YEAR AGO

**YMCBuzz**

@YMCbuzz

A special thank you to @TwitterCanada for hosting us as their Canadian head office tonight. It's been an honour. #itdoesnthavetohurt



A YEAR AGO

Finals thoughts and wrap ups!

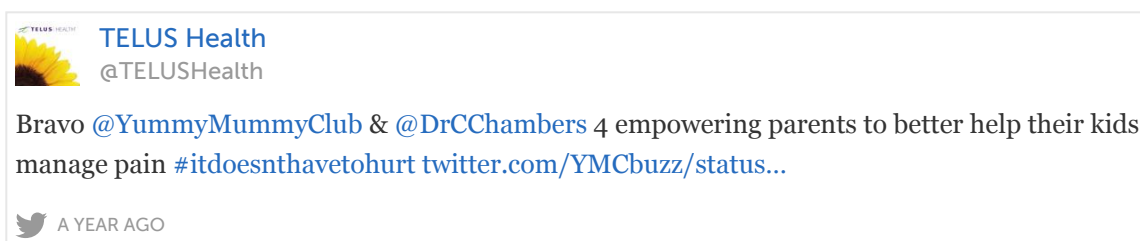
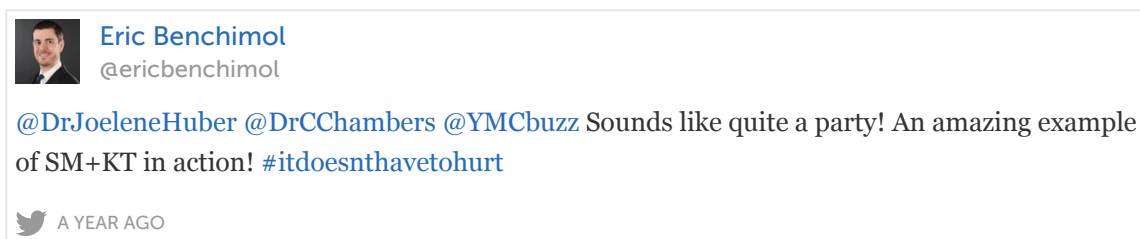
**Candace**

@Candace_Dx

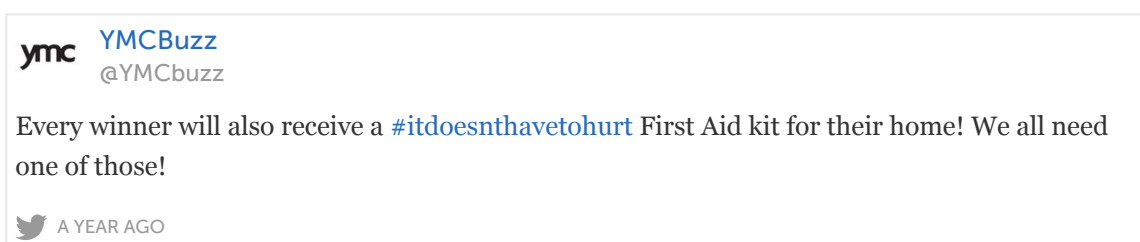
@YMCbuzz @YummyMummyClub @DrCChambers Any final words you'd like to share? #itdoesnthavetohurt



A YEAR AGO



We also had several winners for \$50 Amazon.ca gift cards as well as the grand prize of \$250 Visa gift card.





A big THANK YOU to @SJA_NS for supplying these amazing First Aid kits for #ItDoesntHaveToHurt
pic.twitter.com/Dxfl8Z0J1J

CHRISTINE CHAMBERS @DRCCCHAMBERS · A YEAR AGO

ymc YMCBuzz
 @YMCbuzz

Our first winner of a \$50 Visa Gift Card tonight is @tonsoffamilyfun. We'll DM you after the party #itdoesnthavetohurt

A YEAR AGO

ymc YMCBuzz
 @YMCbuzz

Let's all congratulate @droolingdaddy who has won a \$50 Visa Gift Card! We'll DM you after the party #itdoesnthavetohurt

A YEAR AGO

ymc YMCBuzz
 @YMCbuzz

Woohoo! Big congrats to @thatatgirlshan who has won a \$50 Visa Gift Card! We'll DM you after the party #itdoesnthavetohurt

A YEAR AGO

 **YMCBuzz**
@YMCbuzz

So happy to share that [@shenac1](#) has won our next \$50 Visa GC ! We'll DM you after the party!
[#itdoesnthavetohurt](#)

 A YEAR AGO

 **YMCBuzz**
@YMCbuzz

Woohoo! Our second winner of a \$50 Visa Gift Card tonight is [@jenniferlucas10](#). We'll DM you after the party [#itdoesnthavetohurt](#)

 A YEAR AGO

 **YMCBuzz**
@YMCbuzz

A HUGE congrats to [@YOUAREdadTome](#) who has won a \$250 Visa Gift Card!
[#itdoesnthavetohurt](#)

 A YEAR AGO