

by Christine Chambers

19 days ago

#ItDoesntHaveToHurt2.0 - Twitter Party

ICYMI: The THIRD #ItDoesntHaveToHurt Twitter party happened on November 15th. During the hour long party, #ItDoesntHaveToHurt trended nationally - competing with The Bachelor! Over 7,400 unique tweets were sent with an estimated 26 million impressions! Below is a sampling of the engaging discussion

As usual, there was a lot of excitement leading up to the hour-long chat



Join myself, [@EricaEhm](#), [@YMCbuzz](#) & our team of children's pain experts in just 3 hours for our [#ItDoesntHaveToHurt](#) Twitter party. pic.twitter.com/DZvgqiqFEt

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



André Picard

[@picardonhealth](#)

The Yummy Mummies Club Twitter chats are always informative and fun. [#itdoesnthavetohurt](#) twitter.com/ymcbuzz/status...

 A MONTH AGO



Who's joining @YMCbuzz's #ItDoesntHaveToHurt Twitter chat at 9pmET? Find out how to make pain better for your kids in less than an hour! #Canada yummymummyclub.ca/contests/tweet... pic.twitter.com/FkAM5YpTWB

 NATALIE REA @NAT_REA · A MONTH AGO



Shannon L

@thaatgirlshan

Just 1 hour for an important chat for your kids health. I'm so thankful for this party tonight because I can use all the info I can get for my daughter. Thank you @YMCbuzz and tweet with you all soon! #ItDoesntHaveToHurt

 A MONTH AGO




Mrs. Claus

@GiftedBacon



Joining the #ItDoesntHaveToHurt chat because we're interested in hearing tips and ways to help kids endure pains big and small - nicks, needles/vaccinations, etc.

 A MONTH AGO



Christine Chambers
@DrCChambers

My kids are in bed & I should be too but I'm staying up for our [#ItDoesntHaveToHurt](#) Twitter Party [@EricaEhm @YMCbuzz twitter.com/debbiedavidov/...](#)

  @YMCbuzz · A MONTH AGO




Caroline Fernandez
@ParentClub

5 min to the [#ItDoesntHaveToHurt](#) twitter party! Forecast: great tips, fun chat and amazing prizes! Join in!


 A MONTH AGO

And then the chat starts!



YMCbuzz
@YMCbuzz

This is our THIRD [#ItDoesntHaveToHurtTwitter](#) chat and we're so proud to be a part of this amazing partnership.


 A MONTH AGO



The Hook
@TheTerribleHook


Life-saving knowledge AND swag? Best. Virtual. Party. Ever. [#ItDoesntHaveToHurt](#) [twitter.com/YMCbuzz/status...](#)


 A MONTH AGO



Fiona Campbell, MD
@DrFCampbell


Its great to be hear this evening to help answer questions about pain in children - [#ItDoesntHaveToHurt @DrCChambers @YMCbuzz twitter.com/DrCChambers/st...](#)

 A MONTH AGO



Pat
@bcgirll

[@YMCbuzz @DrCChambers](#) Looking forward to learning the latest [#ItDoesntHavetoHurt](#)

 A MONTH AGO

**Caroline Fernandez**

@ParentClub

@CantonCathy @YMCbuzz I've been waiting for this all day. Parent time!
#ItDoesntHaveToHurt



A MONTH AGO

**Erica Ehm**

@EricaEhm

I've been waiting for this for MONTHS! #ItDoesntHaveToHurt twitter.com/YMCbuzz/status...



A MONTH AGO

**Cathy Thinking OutLd**

@CantonCathy

@YMCbuzz Parents and professionals sharing and supporting each other #ItDoesntHaveToHurt



A MONTH AGO

**Shannon L**

@thaatgirlshan

@YMCbuzz Happy to join and I'm here for INFORMATION! #ItDoesntHaveToHurt




A MONTH AGO



@YMCbuzz Ready to get this party started 😊 #ItDoesntHaveToHurt pic.twitter.com/vJYSinlcWc





~THECRAZYCOUPONLADY~ @TASHASCOUPONS · A MONTH AGO



Christine Chambers
@DrCChambers


Hi everyone. Great to be here along with other members of our [#ItDoesntHaveToHurt](#) team like [@DrMCampbellYeo](#) [@DrFCampbell](#) [@hwitteman](#) & more! twitter.com/YMCbuzz/status...


 A MONTH AGO



lorri langmaid
@lorri1956


[@YMCbuzz](#) [#ItDoesntHavetoHurt](#) And is so great that you can share this info with us here!!! We sure appreciate it!

 A MONTH AGO




Amy Worrell
@MilkAndCocoMama

Hey Parents - you need to check out [#ItDoesntHavetoHurt](#) - thank me later!!


 A MONTH AGO


Q1 The [#ItDoesntHavetoHurt](#) program was launched in 2015. Who here has heard of it? Who is just hearing about it tonight?



Erica Ehm
@EricaEhm


A1: The [#ItDoesntHavetoHurt](#) program is probably the single proudest thing the YMC team is a part of. Thanks to [@DrCChambers](#) I know we're helping parents know what the right things are to do to treat their kids' pain.


 A MONTH AGO




YMCBuzz
@YMCbuzz


Through the power of social media & YMC's amazing mom audience, we are getting valuable information relayed much faster! [#ItDoesntHavetoHurt](#)

 A MONTH AGO


 **Just Me!** 🍷🌸🍷
@sugarstepmom


@YMCbuzz A1 I heard about it last year, from you, on Twitter! I think it's wonderful!
[#ItDoesntHaveToHurt](#)

 A MONTH AGO


 **Me, Myself and Kids**
@DebbieDavidov


@YMCbuzz A1. I have heard about it! Been following ever since it launched
[#ItDoesntHaveToHurt](#)

 A MONTH AGO



 **Michelle**
@MommyMichelled


@YMCbuzz A1 [#ItDoesntHaveToHurt](#) never heard of it until now ..but you have my attention

 A MONTH AGO

 **Christine Chambers**
@DrCChambers

My vision was to take science out of the medical journals and bring it to the parents who need it. Thanks @EricaEhm @YMCbuzz for making that happen with [#ItDoesntHaveToHurt](#)
[twitter.com/itsybitsyhali/...](https://twitter.com/itsybitsyhali/)

  @YMCbuzz · A MONTH AGO

 **hillarywith2Ls**
@hillarywith2Ls

A1: I've heard about [#ItDoesntHaveToHurt](#) over the last year but this is my first party.
twitter.com/ymcbuzz/status...

 A MONTH AGO

 **Kelly Pedro**
@KellyPatlarge

[#ItDoesntHaveToHurt](#) is such an important health campaign about how to manage [#childrenspain](#). We use the suggested strategies all.the.time (including today at the dentist).
[#childrenshealth](#) twitter.com/YMCbuzz/status...

 A MONTH AGO

**Natalie Rea**

@Nat_Rea

Thankfully I've been following [#ItDoesntHaveToHurt](#) on YMC for a while now. It has really helped me (and my kids!) [twitter.com/YMCbuzz/status...](#)



A MONTH AGO

**Nat Bourre**

@NatBourre

When I had my 1st, I read a [@sickkids](#) article that suggested local anesthetic cream (Emla) on the area before the [#vaccination](#) . It worked so well that sometimes my son barely noticed he was getting a vaccination. Did this for all my kids. Highly recommended [#ItDoesntHaveToHurt](#) [twitter.com/JustineDol/sta...](#)



A MONTH AGO

**Jenny**

@JemsW16

[@YMCbuzz](#) A1 I havent heard about it yet [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Holly G**

@hgillismac

[#ParentPower](#) [#ItDoesntHaveToHurt](#) Engagement that matters for the day to day situations [twitter.com/YMCbuzz/status...](#)



A MONTH AGO

**ShannyShan**

@Shan6008

[@YMCbuzz](#) [@DrCChambers](#) So important to have up to date info for parents to make informed decisions about their kids' health [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Cathy Thinking OutLd**

@CantonCathy

That is the entire spand of childhood [#ItDoesntHaveToHurt](#) [twitter.com/YMCbuzz/status...](#)



A MONTH AGO

**Victor Betancourt**

@victorBiii

@DrCChambers I Will never stop singing your praises for creating such a marvelous campaign chronic pain and pain in general can impact a child's life so much I only wish this campaign was around when I gotDiagnosed with #CRPS #itdoesnthavetohurt



A MONTH AGO

**Lacey Willson**

@kalismomlacey

@YMCbuzz I have missed the first couple parties so I'm happy to be here for this one #ItDoesntHavetoHurt



A MONTH AGO

**Clair Palmer**

@Clair125

@YMCbuzz amazing, social media can do good things and bad but this is for the good #ItDoesntHavetoHurt



A MONTH AGO

**Mommydo**

@mommydoCA

@YMCbuzz a1; I've heard about it a few times now! #ItDoesntHaveToHurt



A MONTH AGO

**The Hook**

@TheTerribleHook

Just hearing about ##ItDoesntHaveToHurt tonight. But better late than never, right? twitter.com/YMCbuzz/status...



A MONTH AGO

**Katie Mitchell**

@Overtired_Katie

@YMCbuzz A1 I have heard of it thanks to @YMCbuzz and @EricaEhm! #ItDoesntHaveToHurt



A MONTH AGO

**Carole D.**

@mistycarole

@YMCbuzz A1. I remember hearing about it! It's an amazing program! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Holly Witteman**

@hwitteman

@catgirl33 @begirl @JAParkerPhD @YMCbuzz My eldest (now 11yo) had growing pains last year. As a scientist on the [#ItDoesntHaveToHurt](#) team whose expertise is *not* in pain, I was so grateful to have learned more about how to handle his pain.



A MONTH AGO

**Erica Ehm**

@EricaEhm

It makes so much sense for scientists to share research in bite-sized, entertaining stories so newbies like us can understand it and actually use the info. That's what [#ItDoesntHaveToHurt](#) is about.



A MONTH AGO

Q2 Who is more afraid of needles in your house? You or your kids?

**Maria** 🇨🇦 🌻 🍀 🍀 🍀 🍀

@Maria__Katie

@YMCbuzz My daughter has a huge needle phobia. Such a struggle when she needs her shots [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Tiffany Shuster**

@TiffanyShuster

@YMCbuzz A2. My son for sure! Ive had so many it doesnt bother me at all! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Me, Myself and Kids**

@DebbieDavidov

@YMCbuzz A2. Haha definitely my kids but they are really good when it comes down to having them #ItDoesntHavetoHurt



A MONTH AGO

**Immunize Canada**

@ImmunizedotCa

#ItDoesntHaveToHurt Some tips you can use to help reduce the stress, anxiety and pain when it comes to immunizations in children under 3 years of age. immunize.ca/pain-managemen...



A MONTH AGO

**YMC Buzz**

@YMCbuzz

Keep this link! It's a wealth of information for helping your child cope with needle phobia:

#ItDoesntHavetoHurt cheo.on.ca/en/needle-phob...



A MONTH AGO



A2 Neither me or my kids are afraid of getting needles. We're don't like it, but we know it's a small poke and then it's done. Easy peasy #ItDoesntHavetoHurt pic.twitter.com/AWPQcAk6BW



ERICA EHM @ERICAHEM · A MONTH AGO

**Tanya**

@Tookasmomma

@YMCbuzz A2 None of us are afraid, we all know there are reasons we need them so they are ok with them :) #ItDoesntHaveToHurt



A MONTH AGO

**Amber Young**

@aly3360

@YMCbuzz Definitely worried about passing my own fears onto them #ItDoesntHaveToHurt



A MONTH AGO

**Caroline Fernandez**

@ParentClub

I grit my teeth when my kids get shots so they don't see me afraid. #ItDoesntHaveToHurt twitter.com/YMCbuzz/status...



A MONTH AGO

**Pat**

@bcgirll

@YMCbuzz my kids have been okay with vaccinations. #ItDoesntHavetoHurt



A MONTH AGO

**Forever In Mom Genes**

@LisaThornbury

Yes & because I know this now, I'm basically Meryl Streep whenever I get a needle in front of my kids. Calm on the outside, freaking on the inside. And the Oscar goes to... LOL!
#ItDoesntHaveToHurt twitter.com/DrCChambers/st...



A MONTH AGO

**Jo-Anne Pfoh**

@jopfoh

@YMCbuzz #ItDoesntHaveToHurt I never allowed my kids to see me afraid of needles etc. But inside I was dying



A MONTH AGO

**Michelle**

@MommyMichellez

@YMCbuzz The thought of a needle is actually much worse then the actual needle...it's physiological [#ItDoesntHaveToHurt](#)



A MONTH AGO



Sometimes needles are harder for parents than they are for kids [#ItDoesntHaveToHurt](#)
pic.twitter.com/tpvn998A0g



CHRISTINE CHAMBERS @DRCCHAMBERS · A MONTH AGO



@YMCbuzz A2; Omg! We all are! #ItDoesntHaveToHurt pic.twitter.com/K1OFwAWSac

🐦 JEANNIEGREENER @JEANGMIKE 🔄 @YMCbuzz · · A MONTH AGO

ymc YMCBuzz
@YMCbuzz

Read here how one mom's fear of needles was scaring her kids, and how she turned it around.
[#ItDoesntHavetoHurt yummymummyclub.ca/health/wellnes...](https://yummymummyclub.ca/health/wellnes...)

🐦 A MONTH AGO

Q3 Who do you think feels pain more acutely - girls or boys?

ymc YMCBuzz
@YMCbuzz

Bookmark this article to read how one mom struggled to manage her daughter's acute pain for over a year! [#ItDoesntHavetoHurt yummymummyclub.ca/health/wellnes...](https://yummymummyclub.ca/health/wellnes...)

🐦 A MONTH AGO

**hillarywith2Ls**

@hillarywith2Ls

A3: I have no idea who *feels* more pain but in my experience, boys talk more about feeling the pain. [#ItDoesntHaveToHurt](#) twitter.com/ymcbuzz/status...



A MONTH AGO

**SWong**

@greengobi

[@YMCbuzz](#) A3 girls... I would guess! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Doris**

@newfiechick

[@YMCbuzz](#) A3. I'm guessing Girls, but it's just a guess. [#ItDoesntHaveToHurt](#)



A MONTH AGO

**bowdi**

@bowdi

[@YMCbuzz](#) A3 Girls feel pain more acutely, I think. [#ItDoesntHavetoHurt](#)



A MONTH AGO

**Sarah**

@mommy2sassykids

[@YMCbuzz](#) I'm a mom of four. 3 girls and 1 boy. I've been through so many needles. My son definitely does better. [#ItDoesnthavetohurt](#)



A MONTH AGO

**YMCBuzz**

@YMCbuzz

Girls also seem to be more likely than boys to develop chronic pain, like headaches and stomach pain. [#ItDoesntHavetoHurt](#)



A MONTH AGO

**Allen Finley**

@AllenFinley

@YMCbuzz That's true after puberty, but chronic pain incidence in younger children doesn't differ much between boys & girls. [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Katie Mitchell**

@Overtired_Katie

@YMCbuzz A3 - I didn't think there would be a difference in how acutely boys or girls felt pain. Interesting! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Orriel**

@orriel

[#ItDoesntHaveToHurt](#) @YMCbuzz I always thought somehow that girls had more tolerance for pain



A MONTH AGO

**Amber Young**

@aly3360

@YMCbuzz I always kind of thought they felt it the same, but that boys were taught to "take it" as awful as that is. [#ItDoesntHaveToHurt](#)



A MONTH AGO

Q4 Now for Pandora's box. Who do you think handles kids pain better? Mom or Dad?

**Dmitri Cameron**

@dmitri_cameron

Both parents have a role to play in their child's lives. Mothers and fathers are equally important. [#ItDoesntHaveToHurt](#) twitter.com/ymcbuzz/status...



A MONTH AGO

**Amber Young**

@aly3360

@YMCbuzz Hubby thinks that's true because "boys get hurt more often than girls" and have a better scale to judge by. #ItDoesntHaveToHurt



A MONTH AGO

**YMC Buzz**

@YMCbuzz

Fathers tend to be more accurate than mothers in rating their child's pain. Does that surprise you? #ItDoesntHavetoHurt



A MONTH AGO

**Amanda M**

@amandamasters5

@YMCbuzz Not really. My kids definitely want mom when they are hurt but I want my husband to monitor and do the talking. He's definitely the rock. #ItDoesntHavetoHurt



A MONTH AGO

**Jackie Bender**

@benderjack

My husband has a fear of needles so he steps out of the room when our 3yo gets her shots. I hug her, facing me and use distraction as much as I can. twitter.com/YMCbuzz/status...



A MONTH AGO

**Fiona Campbell, MD**

@DrFCampbell

Interesting - do dads pay less attention to pain behaviours? Are they less distressed themselves, so more calming? #ItDoesnthavetohurt twitter.com/ymcbuzz/status...



A MONTH AGO

**Heidi | Itsy Bitsy Haligonians**

@ItsyBitsyHali

It's official. Dad's getting the ER runs from now on. It's science! #itdoesnthavetohurt twitter.com/ymcbuzz/status...



A MONTH AGO

**Jeffrey Mogil**

@JeffreyMogil

Women have higher empathy than men on average. [#itdoesnthavetohurt](#)
[twitter.com/drcchambers/st...](#)



A MONTH AGO

**Shannon L**

@thaatgirlshan

[@YMCbuzz](#) I feel like I know what's happening with my daughter. It's a mothers instinct. Not saying dads don't but they can act very smart [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Perri Tutelman**

@PerriTutelman

One of my favourite photos illustrating the importance of family factors in pediatric pain
[#ItDoesnthavetohurt](#) [twitter.com/drcchambers/st...](#)



A MONTH AGO

**Tiffany Shuster**

@TiffanyShuster

[@YMCbuzz](#) A4. Dad for sure. He is super calm and doesnt tend to worry as much as I do..
[#ItDoesntHaveToHurt](#)



A MONTH AGO

**Katie Mitchell**

@Overtired_Katie

[@YMCbuzz](#) A4 - We balance each other... Haha. Thats the best answer I have.
[#ItDoesntHaveToHurt](#)



A MONTH AGO

**Melissa Finn**

@MelissaFinn

[@YMCbuzz](#) A4. Moms! At least in my house that's the way it is. [#ItDoesntHaveToHurt](#)



A MONTH AGO



[@YMCbuzz](#) Moms or dads can both use skin-to-skin contact to reduce their babies pain during needles read the science here goo.gl/sPiB1o [#ItDoesntHaveToHurt](#) pic.twitter.com/ExG4HUiwCG

 MARSHA CAMPBELL-YEO [@DRMCAMPBELLIEO](#) · A MONTH AGO



Christine Chambers
[@DrCChambers](#)

[@JonathanMenon](#) [@EricaEhm](#) Interesting. I've often wondered if it's harder for mothers to acknowledge how much pain their children are in, so we underestimate. But no study has identified a reason yet. [#ItDoesnthavetohurt](#)

 A MONTH AGO

Q5 How often do you think your child has "faked" pain? Why do you think they do that?



Shannon L
[@thaatgirlshan](#)

[@YMCbuzz](#) Tell them nicely and slowly that you can come up to me if anything is going wrong or if you're in pain. I listen to you and you will listen to me. It's okay I'm your mom and that's what I'm here for to help your pain [#ItDoesntHaveToHurt](#)

 A MONTH AGO

**Holly G**

@hgillismac

Important to remember; they don't have the intention we think they have for this one !

[#ItDoesntHaveToHurt](#) twitter.com/YMCbuzz/status...



A MONTH AGO

**Calvin Pearce**

@pearceauto

Believe your children when they say they are in pain. [#itdoesnthavetohurt](#)
twitter.com/DrCCchambers/st...



A MONTH AGO

**Linda G**

@Gaglin

[@YMCbuzz](#) If in doubt, seek medical advice...trust the child [#ItDoesntHaveToHurt](#)



A MONTH AGO

**danielle tessier**

@djak1972

[@WillTHL](#) [@YMCbuzz](#) [#ItDoesntHaveToHurt](#) I think they do it for a reason and to find out exactly why changes a lot of things..sometimes just talking to them and getting the stress out of them they feel better



A MONTH AGO

**Nicole Salama**

@nicole_salama

[@YMCbuzz](#) A5 I don't think he does this often at all. If he says something hurts it usually does.
[#ItDoesntHavetoHurt](#)



A MONTH AGO

**YMCBuzz**


@YMCbuzz

Studies have shown that children are far more likely to hide their pain and rarely fake their pain.

[#ItDoesntHavetoHurt](#)




A MONTH AGO



Wil
@WillTHL

@YMCbuzz Ask for more specific information, and take it seriously. Better safe than sorry!
[#itdoesnthavetohurt](#)


 A MONTH AGO



Kristen Hemming
@kphemming


@YMCbuzz A5: hits home hard. Spent a lot of time as a young teen in pain and not believed- Everyone thought I was looking for attention, but I actually had a chronic pain condition
[#ItDoesnthavetohurt](#)

 A MONTH AGO



lorri langmaid
@lorri1956

@YMCbuzz [#ItDoesntHavetoHurt](#) Talk with your child. Let them know they can tell you anything. And encourage them to open up to you.


 A MONTH AGO



Kristen Hemming
@kphemming


@KellyPediNp @YMCbuzz The great thing is, other kids growing up now won't feel the need to hide their pain and parents will be more aware of how to prevent&identify pain because of wonderful initiatives such as [#ItDoesnthavetohurt](#)

 A MONTH AGO



JAParker
@JAParkerPhD

@Shan6008 @YMCbuzz Getting kids to rate their pain is great! The Faces Pain Scale Revised is a tool that doctors, hospitals, and researchers uses frequently to ask children to rate their pain. Parents can use it too: iasp-pain.org/Education/Cont... [#ItDoesntHaveToHurt](#)

 A MONTH AGO

Q6 When it comes to pain medication, why do you think parents tend to under dose their kids?



Studies show that parents are often nervous about giving pain meds to kids, often withholding or under-dosing. [#ItDoesntHaveToHurt](#)

 A MONTH AGO



Heidi Carlson-Reid
@hmrcarlson

[@YMCbuzz](#) A6 The bottles/boxes of medication are very general in doses. There is a wide range of ages/weights for the same dose. There is also fear of the potential side effects of overdosing. [#ItDoesntHaveToHurt](#)

 A MONTH AGO



Linda G
@Gaglin

[@YMCbuzz](#) As a parent you need to be cautious about giving meds but follow the guidelines that is why they are there! [#ItDoesntHaveToHurt](#)

 A MONTH AGO



Bookmark this link! It's the 411 on pain medication for kids! [#ItDoesntHaveToHurt](#)
aboutkidshealth.ca/En/ResourceCen...

 A MONTH AGO



Heidi | Itsy Bitsy Haligonians
@ItsyBitsyHali

[@YMCbuzz](#) A6: Dosing can be complex - do you go with age or weight? Always afraid of overdosing so err on the lesser side [#ItDoesntHaveToHurt](#)

 A MONTH AGO



Holly G
@hgillismac

[@YMCbuzz](#) In trying to do the best, it is scary to think we can do harm. After my girls needed tonsil surgery (& tubes/adenoids in the same day times 2 kiddies), I had reviewed the pain management prior to the surgery. So I knew & was ok with the morphine routine [#ItDoesntHaveToHurt](#)

 A MONTH AGO

**Jackie**

@JackieeMan

@YMCbuzz A6: I think a lot of parents don't want to overdose or get their kids on too much meds #ItDoesntHaveToHurt



A MONTH AGO

**ShannyShan**

@Shan6008

@YMCbuzz A6 I think parents are sometimes nervous about over medicating. I am a firm believer of giving Tylenol every 4 hours and Advil every 6 hours #ItDoesntHaveToHurt



A MONTH AGO

**Mrs. Claus**

@GiftedBacon

@YMCbuzz A6 Kids are already in such pain that I imagine they're afraid of adding to it if they overdose their kids even by a bit #ItDoesntHaveToHurt



A MONTH AGO

**Erica Ehm**

@EricaEhm

A6 I think parents tend to under dose their kids so their kids don't get "addicted" to the drug #ItDoesntHavetoHurt



A MONTH AGO



The reality is, medications do play a very important role in helping manage different types of pain
pic.twitter.com/sWMU2i3wHA #ItDoesntHaveToHurt

CHRISTINE CHAMBERS @DRCCHAMBERS · A MONTH AGO

Q7 Tell us what you want to know about when it comes to kids and pain?



Tanya

@Tookasmomma

@YMCbuzz So many questions answered already #ItDoesntHaveToHurt



A MONTH AGO



stay strong ; ♥♥

@_warriorstrongx

@YMCbuzz Are there any non-pharmacological ways to deal with pain? #ItDoesntHaveToHurt



A MONTH AGO



Evelyn Gibson

@Elevians_Grrr

@YMCbuzz I'd like to know, especially with babies, how to tell that they are in pain, other than just crying #ItDoesntHaveToHurt



A MONTH AGO



Pat
@bcgirll

@YMCbuzz How do you assess pain in babies and administer appropriate dosages of medication? #ItDoesntHaveToHurt



A MONTH AGO



Stephanie
@steph_xoxo10

@YMCbuzz what are the most common forms of pain that children experience? #ItDoesntHaveToHurt



A MONTH AGO



Michelle Cavanagh
@Cimelle

@YMCbuzz You have provided so much information! It helped me out tonight! How can I tell my daughter why she has pain? #ItDoesntHaveToHurt



A MONTH AGO



Kristen Visser
@krishabv

@YMCbuzz is google a good source to turn to for answers to what is wrong with your child ? #ItDoesntHaveToHurt



A MONTH AGO



Lee-Ann Slegers
@SleegsSkees

@YMCbuzz With needle phobia does watching parents or peers get needles help or hinder? #ItDoesntHaveToHurt



A MONTH AGO




Linda G
@Gaglin

@YMCbuzz How best to deal with a child that had a bad experience? #ItDoesntHaveToHurt




A MONTH AGO



Patricia Hitchcock
@Patrikia48

@YMCbuzz #ItDoesntHaveToHurt I'd like to know if chronic pain resources for children websites

 A MONTH AGO


The Wrap Up!



YMC Buzz
@YMCbuzz


As always, we couldn't run these parties without YOU. Thank you for being here. I'll BRB with our Grand Prize winner. #ItDoesntHaveToHurt


 A MONTH AGO



Katelyn Wilkinson, NP
@KWilkinsonNP


So awesome to see @DrCChambers and the #ItDoesntHaveToHurt team making the latest pediatric pain research accessible to families and parents! [twitter.com/drcchambers/st...](https://twitter.com/drcchambers/status/941111111)


 A MONTH AGO



Sarah
@mommy2sassykids


@YMCbuzz thank you for the useful info tonight. My daughter hates pain pills, so I struggle greatly with her pain. But I try!! #ItDoesntHaveToHurt

 A MONTH AGO



Holly G
@hgillismac

Thanks @YMCbuzz @DrCChambers #ItDoesntHaveToHurt twitter chat tonight shows just how much opportunity there is to continue to inform & support parents and caregivers to learn this info. Babies are born every day; the messages need to continue to get out.

 A MONTH AGO

**Caroline Fernandez**

@ParentClub

Now every time I think about taking my kids to the doctors...I'm going to remember
[#ItDoesntHaveToHurt](#)



A MONTH AGO

**YMCBuzz**

@YMCbuzz

Thanks to [@DrCChambers](#) for joining us tonight. Keep following her for great tips. She's the coolest Doctor we know. [#ItDoesntHavetoHurt](#)



A MONTH AGO

**Erica Ehm**

@EricaEhm

Yes she is. [@DrCChambers](#) is pioneering new ways for health practitioners to connect with parents and patients. I'm a big fan. [#ItDoesntHaveToHurt](#) twitter.com/YMCbuzz/status...



A MONTH AGO

**JulieLynne McCann** ❤️

@ForeverAngel26

[@YMCbuzz](#) [@DrCChambers](#) Thanks so much for your all your great info & tips. you are always so helpful! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Tiffany Shuster**

@TiffanyShuster

[@YMCbuzz](#) Learned SO much and looking forward to next yrs party already!! Actually, we should have more!! Thanks again! [#ItDoesntHaveToHurt](#)



A MONTH AGO

**Trendinalia Canada**

@trendinaliaCA

1. [#BachelorCA](#) 2. [#Survivor](#) 3. Delon Wright 4. [#HootupYVR](#) 5. Charles Manson 6.
[#OttBOBs](#) 7. Johnny Gaudreau 8. [#ItDoesntHaveToHurt](#) 9. Gilbert Sicotte 10. Peru 2017/11/15
 20:52 CST [#trndnl](#) trendinalia.com/twitter-trendi...



A MONTH AGO

#itdoesnthavetohurt - Trending in Canada

2017-11-16 02:54 UTC : CA_xcxccd

ymc Keep this link! It's a wealth of information for helping your child cope with needle phobia: #ItDoesntHaveToHurt <https://t.co/4hhsLsUHc6> @YMCbuzz

ymc Girls also seem to be more likely than boys to develop chronic pain, like headaches and stomach pain. #ItDoesntHaveToHurt @YMCbuzz

ymc A Dad's presence has been associated with better pain improvement in kids when accompanying them to the ER. #ItDoesntHaveToHurt @YMCbuzz

ymc Q1 The #ItDoesntHaveToHurt program was launched in 2015. Who here has heard of it? Who is just hearing about it tonight? @YMCbuzz

Twitter / @Nat_Rea: Who's joining @YMCbuzz's # ...
EVERYONE PAIN DIFFER BUT THAT DO MAKE IT LESS @Nat_Rea

Twitter / @Nat_Rea: Whether your child experie ...
A spoonful of you can't the only way to help @Nat_Rea

Twitter / @Nat_Rea: I never knew when my kids ...
Pain isn't pretend @Nat_Rea

Tweet #ItDoesntHaveToHurt for a chance to win a \$250 prize! [ymc yumymummyclub.ca](https://t.co/4hhsLsUHc6)

Twitter / @DebbieDavidov: Who's almost ready? Join @ ... @debbiedavidov

Twitter / @ItsyBitsyHali: Make sure you join the @YM ... @itsybitsyhall

#itdoesnthavetohurt is now trending in Canada trendsmap.com/r/CA_xcxccd
pic.twitter.com/Ntka8SOjky

IS TREND @ISTRND · A MONTH AGO

Yarrow Gillis
@yarrowgillis

So great to see science/research info getting out there to help parents, when we actually need it, not years later! **#ItDoesntHaveToHurt** twitter.com/drcchambers/st...

A MONTH AGO

Christine Chambers
@DrCCChambers

This **#ItDoesntHaveToHurt** Twitter Party and other recent content wouldn't have been possible support from [@IWKHealthCentre](https://twitter.com/IWKHealthCentre)! **#ThankYou**

A MONTH AGO

Oh and can't forget all the lucky winners! **#Congratulations**

ymc YMCBuzz
@YMCbuzz

And our grand prize winner of tonight's **#ItDoesntHaveToHurt** Twitter chat is...
@TiffanyShuster!!!!!! CONGRATULATIONS!!!!!!

A MONTH AGO



DRUM ROLL PLEASE!! Congrats to mom of 4 @mommy2sassykids - our 5th winner in tonight's #ItDoesntHaveToHurt chat! Woo hoo!!!!

 A MONTH AGO



We are neither overreacting nor faking it when we say we are SO EXCITED that @djak1972 is the next winner in our #ItDoesntHaveToHurt Twitter chat!

 A MONTH AGO



Hey @amandamasters5 - guess who our latest winner is? IT'S YOU! Congrats :)
#ItDoesntHaveToHurt

 A MONTH AGO



Please congratulate @dluft27, tonight's second winner of our #ItDoesntHaveToHurt Twitter chat. Way to go!!!!

 A MONTH AGO



We're thrilled @KatieGraceMarie joined us to learn more about identifying, and helping with, kids' pain. She's our first winner of the night! #ItDoesntHavetoHurt

 A MONTH AGO