

by Christine Chambers

2 years ago

#itdoesnthavetohurt

After a lot of hard work and planning the launch day for the [#itdoesnthavetohurt](#) campaign arrived! Enthusiasm built throughout the day.

pearceauto [Gavin Pearce](#)
@pearceauto

No car ads today, I will be tweeting [#ItDoesntHaveToHurt](#) [itdoesnthavetohurt.ca](#)
[@DrCChambers](#) today & live tweeting tonight from the event.

 2 YEARS AGO

DrMeghanNorris [Meghan Norris](#)
@DrMeghanNorris

Important evidence-based initiative on managing child pain by [@DrCChambers](#) launching today! [#kid](#) [#itdoesnthavetohurt](#) [twitter.com/cancersociety/...](#)

 2 YEARS AGO

WhitneyScott [Whitney Scott](#)
@WhitneyJScott

[@DrCChambers](#) is launching [#itdoesnthavetohurt](#) today! Using social media to get research evidence about kids' pain management to parents.

 2 YEARS AGO



[Kelly Warmington](#)
@K_Warmington

So excited to support [@DrCChambers](#) with the launch of [#itdoesnthavetohurt](#) today! Let's get kids pain evidence out there on social media!

 2 YEARS AGO

YummyMummyClub [Jody MacA](#)
@YummyMummyClub

I can barely breathe I'm THAT excited!! Seriously [#itdoesnthavetohurt](#)
[twitter.com/jody_macA/stat...](#)

 2 YEARS AGO

Spreading the word about the event and the initiative included some awesome media coverage.

vivianhoward [Vivian Howard](#)
@vivianhoward

[#itdoesnthavetohurt](#): Using social media to help manage children's pain | The Chronicle Herald
herald.ca/Nw5#.Vf_hcHZ9Y... via [@chronicleherald](#)

 2 YEARS AGO



.[@CTVMorningAtl](#) [@YummyMummyClub](#) Thanks for having us on to talk about
[#ItDoesntHaveToHurt](#) Great pic [@MommyMoments!](#) [pic.twitter.com/U32loQo3NE](#)

 CHRISTINE CHAMBERS [@DRCCHAMBERS](#) · 2 YEARS AGO

MommyMoments [Moja](#)
@MommyMoments

Listening to [@YummyMummyClub](#) & [@DrCChambers](#) talk about how [#itdoesnthavetohurt](#) will
impact how moms treat their kids' pain [@CTVMorningAtl](#)

 2 YEARS AGO

LisaThornbury [Funny In Mom Genes](#)
@LisaThornbury

Just watched [@YummyMummyClub](#) & [@DrCChambers](#) discussing the groundbreaking
[#itdoesnthavetohurt](#) program. So exciting! [atlantic.ctvnews.ca/video?clipId=7...](#)

 2 YEARS AGO

**CTV Morning Atl**

@CTVMorningAtl

@DrCChambers @YummyMummyClub @MommyMoments thank you for joining us! Great initiative for parent education! #itdoesnthavetohurt



2 YEARS AGO

Support for [#itdoesnthavetohurt](#) was shown from far and wide.

**Australian Pain Soc**

@AusPainSoc

#itdoesnthavetohurt: Using social media to get research evidence about children's pain to parents bodyinmind.org/itdoesnthaveto... via @bodyinmind



2 YEARS AGO



Good luck [#itdoesnthavetohurt](#) team for tomorrow. From the BSweet2Babies team.
pic.twitter.com/ufvOFsJPW



DENISE HARRISON @DHARRISONCHEO · 2 YEARS AGO



Good luck @DrCChambers and team on your #itdoesnthavetohurt campaign event this evening!
pic.twitter.com/WDDysABmH3

 CATHARINE LOWES RN @CATHARINE_LOWES · 2 YEARS AGO

seastarbatita [Isabel Jordan](#)
 @seastarbatita

Sitting on plane listening to a little boo behind me saying 'Owie owie owie' & I think 'how perfect am on my way to #itdoesnthavetohurt'

 2 YEARS AGO

Autism Society Canada
 @AutismSocietyCa

Happy to spread the awareness! #itdoesnthavetohurt twitter.com/AutismCanada/s...

 2 YEARS AGO

weustheminc [Weusthem Inc.](#)
 @weustheminc

Wonderful campaign, @DrCChambers. Looking forward to the launch this evening.
 #itdoesnthavetohurt #Halifax #Health

 2 YEARS AGO

AEOberholzer **Aleemarie Oberholzer**

@AEOberholzer

#itdoesnthavetohurt is launching tonight 11:30pm South African time. Not able to make it? It will be archived at itdoesnthavetohurt.ca



2 YEARS AGO

DurandHannah **Hannah Durand**

@DurandHannah

Best from Ireland to #itdoesnthavetohurt - using social media to help manage child #pain. @IWKHealthCentre @DrCCChambers @YummyMummyClub



2 YEARS AGO

ImmunizedotCa **Immunize Canada**

@ImmunizedotCa

Guide de référence pour #parents : aider à éliminer la #douleur lors de la #vaccination : immunize.ca/uploads/pain/3... ... #ItDoesntHaveToHurt



2 YEARS AGO

The encouragement to tweet, attend and participate by learning more spread through social media and the live stream of the event.

Tweet with us #itdoesnthavetohurt <http://t.co/LQMUmDZonE>

Tweet with us #itdoesnthavetohurt pic.twitter.com/LQMUmDZonE



SOMAYYEH MOHAMMADI @SMHMOHAMMADI · 2 YEARS AGO

AllieBamma **Allison Forsythe**

@AllieBamma

PEOPLE WITH KIDS! Read about the super #itdoesnthavetohurt campaign: cihr-irsc.gc.ca/e/49436.html. Join the convo about managing kids' pain.



2 YEARS AGO



JAParker

@JAParkerPhD

Uniting research & social media. Great way to start the day! #itdoesnthavetohurt twitter.com/DrCCChambers/st...



2 YEARS AGO



Anita Smith

@anitasmith2013

Over social media we can all understand pain management for our children. Learn more at: itdoesnthavetohurt.ca #itdoesnthavetohurt



2 YEARS AGO



IWK Health Centre

@IWKHealthCentre

The world will be following tonight's #itdoesnthavetohurt social media launch. Putting research into the hands of those who can use it.



2 YEARS AGO

NSHRF 

@NSHRF_info

Can't make it to #itdoesnthavetohurt tonight? No problem. Watch online here: ow.ly/Sfnoi



2 YEARS AGO

CAPHC 

@CAPHCTweets

We are so excited to virtually tune in to the launch of the #itdoesnthavetohurt campaign. Live stream the event here itdoesnthavetohurt.ca



2 YEARS AGO



Erna Snelgrove

@KTerna

#itdoesnthavetohurt Impacting researchers and families internationally!



2 YEARS AGO

DrLoriBrotto 

@DrLoriBrotto

Tune into link.brightcove.com/services/play... NOW for #itdoesnthavetohurt. Brilliant partnering of @DrCChambers & @YummyMummyClub funded by @CIHR_IRSC



2 YEARS AGO

The Halifax Central Library was a great venue to bring people together.



[#itdoesnthavetohurt](#) thrilled to be part of this event! Great venue, great evening of sharing.
pic.twitter.com/a4F9SSp28b

 KARI TIFFIN @BRIGHTBYDESIGN · 2 YEARS AGO



Great turn out at tonight's [#itdoesnthavetohurt](https://twitter.com/itdoesnthavetohurt) launch! pic.twitter.com/2gBVOB260T

 **PERRI TUTELMAN** @PERRITUTELMAN  @pearceauto · 2 YEARS AGO



I'm at the [@hfxpublib](#) for the [#itdoesnthavetohurt](#) launch. Great partnership btwn [@DrCChambers](#) and [@YummyMummyClub!!](#) pic.twitter.com/WHgtV2ulsI

 JUSTINE AL QASSAR [@JUSTINEALQASSAR](#) · 2 YEARS AGO

The event got started with introductions.



@DrCChambers launches #itdoesnthavetohurt today; using social media to help parents manage pain in children pic.twitter.com/tdO5hFcad4

🐦 DOCTORS NOVA SCOTIA @DOCTORS_NS · 2 YEARS AGO



Krista Connell introduces the #itdoesnthavetohurt panel [@hfxpublib pic.twitter.com/eP0RvfnqqC](https://pic.twitter.com/eP0RvfnqqC)

🐦 IWK HEALTH CENTRE @IWKHEALTHCENTRE · 2 YEARS AGO

The importance of social media for researchers and parents was felt by all.



IWK Health Centre

@IWKHealthCentre

This wonderful video from @eggstudios perfectly sums up the #itdoesnthavetohurt social media initiative. youtu.be/5c1JCewjFEo



@eggstudios · 2 YEARS AGO



Egg Studios

@eggstudios

Parents and healthcare workers #itdoesnthavetohurt Watch this video m.youtube.com/watch?v=3nqN9c... and see why the @IWKHealthCentre is #awesome!



2 YEARS AGO

Jenelle Sobey

Jenelle Sobey

@JenelleSobey

The power of #SocialMedia is closing the 17 year research to application gap!
#ItDoesntHaveToHurt Congratulations @DrCCChambers



2 YEARS AGO



Family Matters

@CHFamilyMatters

Putting quality information into the hands of parents #itdoesnthavetohurt



2 YEARS AGO

imashley Anley MI

@imashleym

So thankful that professionals like @DrCCChambers are making it easier for us to help our kids (and us!) cope with pain. #itdoesnthavetohurt



2 YEARS AGO



Social media and good science-that changes everything! [#itdoesnthavetohurt](#) @DrCCChambers
pic.twitter.com/IKNwyyJ0he

 MELANIE BARWICK @MELANIEBARWICK · 2 YEARS AGO

It didn't take long for [#itdoesnthavetohurt](#) to become viral!

Immunized Canada
[Immunized Canada](#)
 @ImmunizedotCa

"The [#ItDoesntHaveToHurt](#) hashtag is already trending!" link.brightcove.com/services/play...

 2 YEARS AGO



Pat Linton
 @Pat_Linton

We're trending [#itdoesnthavetohurt](#)

 2 YEARS AGO

car_ouellet [Clarley Ouellette](#)
 @car_ouellette

@DrCCChambers congrats on your launch tonight! Social media really works-
[#itdoesnthavetohurt](#) is viral!!! 🍷📺🎉

 2 YEARS AGO

Thanks to the event and social media new connections were made!



Thrilled to have met @pearceauto today, the 2nd top influencer for #ItDoesntHaveToHurt after me today! Thank you! pic.twitter.com/b3HjenvVj3

CHRISTINE CHAMBERS @DRCCHAMBERS · 2 YEARS AGO

hgillismac **Holly G**
@hgillismac

Everyone on the panel met and connected through Twitter. Networks have power and build relationships. #itdoesnthavetohurt

2 YEARS AGO



Katie Birnie
@katiebirnie

Feeling so inspired to develop partnerships after meeting with the #itdoesnthavetohurt panel @picardonhealth @seastarbatita @YummyMummyClub

2 YEARS AGO

NicoleBoyHouse **Nicole MacPherson**
@NicoleBoyHouse

Such an exciting partnership! #itdoesnthavetohurt twitter.com/mommymoments/s...

2 YEARS AGO

mylifeinthesunn

@mylifeinthesunn

.@YummyMummyClub has connected over 5 million people online. Let's put that power to work! @YMChubb @IWKHealthCentre #itdoesnthavetohurt



2 YEARS AGO

Ron_George

@Ron_George

Can #itdoesnthavetohurt lead to other great #collaborations tonight @hfxpublib



2 YEARS AGO

BabiesBaubles

@BabiesBaubles

@YummyMummyClub @DrCCChambers What a great and innovative collaboration! Excited for the future! #itdoesnthavetohurt



2 YEARS AGO

PerriTutelman

@PerriTutelman

@JillianFilliter Great to meet you tonight at the #itdoesnthavetohurt launch event!



2 YEARS AGO



Kelly Warmington

@K_Warmington

Congrats on the amazing network and partnerships you've built in support of #itdoesnthavetohurt @DrCCChambers! cihr-irsc.gc.ca/e/49436.html



2 YEARS AGO

The panel discussion shared important information for pain management.

maritimespor

@maritimespor

Tonight's panel for #itdoesnthavetohurt includes @DrCCChambers @picardonhealth @YummyMummyClub @seastarbatita. #knowledgetranslation



2 YEARS AGO



George Collier

@georgewcollier

Great panel gathered to talk about paediatric pain and why [#itdoesnthavetohurt](#). [@NSHRF_info](#) [@DrCChambers](#)

2 YEARS AGO



Dr. Susie Brummelte

@DrSbrummelte

You don't like needles? But how about blowing bubbles or a lollipop? Learn from [@DrCChambers](#) how to prevent pediatric pain [#itdoesnthavetohurt](#)

2 YEARS AGO

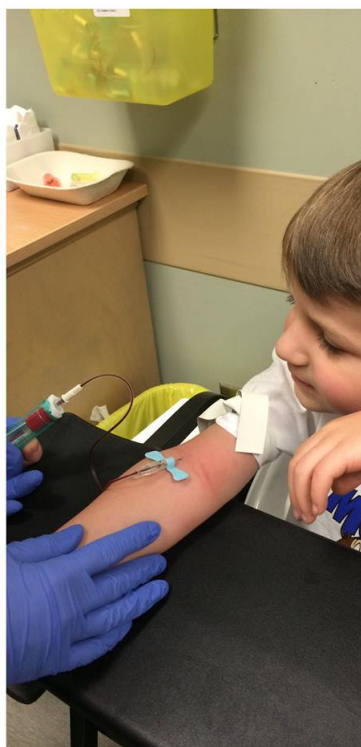
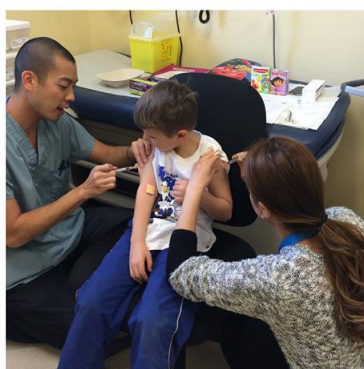


Dr. Paul Fessler

@NoNeedlessPain

Topical anesthesia “numbing the skin” even works for kids under general anesthesia...go figure [#itdoesnthavetohurt](#) [ncbi.nlm.nih.gov/pubmed/?term=N...](https://pubmed.ncbi.nlm.nih.gov/?term=N...)

2 YEARS AGO



Thanks to [#itdoesnthavetohurt](#) video tips, Luca had fun getting his recent vaccinations and blood draw! [@DrCChambers](#) pic.twitter.com/0lFtaXQilG

LORI BROTTO @DRLORIBROTT0 · 2 YEARS AGO

The panel also talked about how vital it is to bring research to those who need it, which means bringing the information to where people are looking.

 **DalMedSchool**
@DalMedSchool

"75 per cent of parents using social media for children's health." - @DrCCChambers
[#itdoesnthavetohurt](#)

 2 YEARS AGO

 **Erna Snelgrove**
@KTerna

Bridging the gap using all forms of evidence: Consumers, care providers, and research evidence
[#itdoesnthavetohurt](#)

 2 YEARS AGO

 **Bendy Pain Warrior**
@CEitake

There is a huge gap between research & what is actually happening on the front lines in pain care
[#itdoesnthavetohurt](#)

 2 YEARS AGO

 **NS Health Authority**
@HealthNS

Canada is a world leader in pain research says @DrCCChambers but how does that knowledge get to parents/clinicians? [#itdoesnthavetohurt](#)

 2 YEARS AGO

 **Allen Finley**
@AllenFinley

Canada leads the world in children's pain research. [#itdoesnthavetohurt](#)

 2 YEARS AGO

 **courage sings**
@courage sings

"poorly managed pain in early childhood has a long term effect" ~ @DrCCChambers
[#itdoesnthavetohurt](#)

 2 YEARS AGO

Pain management is incredibly important because of its lasting impact on children and the whole family.



"Pain is an issue for everyone but a priority for no one" -@picardonhealth #itdoesnthavetohurt
pic.twitter.com/FyA4jOBiOx

 PERRI TUTELMAN @PERRITUTELMAN · 2 YEARS AGO



Katie Birnie

@katebirnie

'Pain is of interest to everyone and of priority to no one'. @picardonhealth Let's change that.
 #itdoesnthavetohurt

 2 YEARS AGO

hngillismac

@hngillismac

Even with one "patient" in the family needing care, the family is impacted. Physically & mentally
 #itdoesnthavetohurt

 2 YEARS AGO



Tim Disher

@halifaxtim

It's a cruel paradox 1 in 12 people have a rare disease, many of which result in chronic pain.
 @seastarbatita #itdoesnthavetohurt

 2 YEARS AGO

This is why informed decisions are crucial.

hwitterman **Holly Witterman**
@hwitterman

.@seastarbatita's son, re: health info online: "The internet is like gold ... surrounded by fool's gold." #itdoesnthavetohurt

 2 YEARS AGO



MET
@melizabetht

#itdoesnthavetohurt - the 'gold' of the Web! Advocating for #pediatricpain

 2 YEARS AGO

j_stoyek **Jacquie Stoyek**
@j_stoyek

@seastarbatita "The Internet is gold surrounded by fool's gold" -That's why sharing research based evidence is important #itdoesnthavetohurt

 2 YEARS AGO

robmac **Rob McCormick**
@robmacormick

"The Internet is like gold surrounded by fool's gold." Perfect analogy. I've found lots of both. It's worth digging! #itdoesnthavetohurt

 2 YEARS AGO

A shift in perspective to improve pain management is necessary.



Bendy Pain Warrior
@CEitake

If we want a system that is truly patient centered, we need better access to pain control management #itdoesnthavetohurt

 2 YEARS AGO

DrMcC **Marelie Campbell-Yeo**
@DrMcC CampbellYeo

No pain no gain is no longer an acceptable philosophy to guide medical care in children #itdoesnthavetohurt @picardonhealth @Dalnews

 2 YEARS AGO

mylifeinthesunn

@mylifeinthesunn

"Only about half of kids at hospitals currently have a pain management plan." @picardonhealth
#itdoesnthavetohurt

 2 YEARS AGO

Katelynn Boerner

@KatelynnBoerner

It's not OK for pain to be an accepted "collateral damage" in peds health care. - @picardonhealth
#itdoesnthavetohurt

 2 YEARS AGO

Perri Tutelman

@PerriTutelman

"Let's make pain research real and practical to parents" @YummyMummyClub is an innovative way to get the word out! #itdoesnthavetohurt

 2 YEARS AGO

This shift can occur through knowledge translation and making research practical.



Pat Linton

@Pat_Linton

"I thought we were just storytelling, in fact, we were conducting #knowledgetranslation" -
@YummyMummyClub #itdoesnthavetohurt

 2 YEARS AGO

Ron George

@Ron_George

.@YummyMummyClub is a great #pain research #knowledgetranslation tool
#itdoesnthavetohurt

 2 YEARS AGO

Rob McCormick

@robmacormick

@YummyMummyClub "We are knowledge translators." #itdoesnthavetohurt

 2 YEARS AGO

 **Family Matters**
@CHFamilyMatters

@YummyMummyClub and @DrCCChambers work together to advocate [#knowledgetranslation](#) [#itdoesnthavetohurt](#)

 2 YEARS AGO

Mommy Moments
@MommyMoments

"What we're doing is more than talking about pain... We're creating a new model to disseminate research" @YummyMummyClub [#itdoesnthavetohurt](#)

 2 YEARS AGO

 **Debbie Emberlu**
@embeda

Storytelling = the original knowledge translation [#itdoesnthavetohurt](#)

 2 YEARS AGO

The panel shared that getting messy can lead to great things!

Jenelle Sobey
@JenelleSobey

"Messiest research design I've ever done."- @DrCCChambers [#SocialInnovation](#) is messy, chaotic & boundary-pushing [#itdoesnthavetohurt](#)

 2 YEARS AGO

couragesings
@couragesings

.@YummyMummyClub to @DrCCChambers "You're breaking the mould & doing something no one has done before" [#itdoesnthavetohurt](#)

 2 YEARS AGO

CAPHC Tweets
@CAPHCTweets

"We're talking about more than ped. pain, we're talking about disseminating info to those who need it" @YummyMummyClub [#itdoesnthavetohurt](#)

 2 YEARS AGO



Fadi Al Qassar

@FadiAlQassar

Telling the story of child's pain via social media has never been done b4. @DrCChambers & team are leading the charge #itdoesnthavetohurt



2 YEARS AGO

The questions flooded in for the panel from Twitter and from the audience.



Peady

@Peady

Feel free to tweet your questions to the #itdoesnthavetohurt panel right now - wherever you may be!



2 YEARS AGO



SharonDV

@SharonDV

RT @MommyMoments: Get your questions ready! The #itdoesnthavetohurt panel will be answering questions from the twittersphere



2 YEARS AGO



Jillian Filliter

@JillianFilliter

is researchers' discomfort with the informal nature of social media inhibiting knowledge translation? @YummyMummyClub #itdoesnthavetohurt



2 YEARS AGO



Ron_George

@Ron_George

What lessons has @YummyMummyClub learned from working on #itdoesnthavetohurt



2 YEARS AGO



Imkhfx

@Imkhfx

#itdoesnthavetohurt why does it take so long (17 years) for research findings to be disseminated?!



2 YEARS AGO

hwittman [Holly Witterman](#)
@hwittman

Q from audience: how to help kids explain their pain? @DrCChambers: we will link downloadable tools/apps to assess pain. #itdoesnthavetohurt

 2 YEARS AGO

The panelists shared some of the challenges in doing research.

mylifeinthesunn [Theresa](#)
@mylifeinthesunn

This program is a test pilot. Studying adult pain could be next. Need research grants and acceptance. #itdoesnthavetohurt

 2 YEARS AGO

MommyMoja [Moja](#)
@MommyMoments

"Research funding is tough to get... It's a serious issue... @DrCChambers has thought out of the box" #itdoesnthavetohurt

 2 YEARS AGO

Ron_George [Ron George](#)
@Ron_George

#CasualResearch needs to be practical @YummyMummyClub #itdoesnthavetohurt

 2 YEARS AGO

kingneuro [Christopher King](#)
@kingneuro

Funding for research is an issue especially from the reviewing agencies. Maybe we need to put pressure on them? #itdoesnthavetohurt

 2 YEARS AGO



[JAParker](#)
@JAParkerPhD

No one will #advocate more strongly for a child than their parent @DrCChambers #itdoesnthavetohurt

 2 YEARS AGO



Matt Simms

@mattgsimms

@DrCChambers "Veterinarians get more training than MDs in pain management" @CMA_Docs
#itdoesnthavetohurt



2 YEARS AGO

It's up to both doctors and parents to learn more about paediatric pain.



Katie Birnie

@katebirnie

It's not helpful for parents to know what they should do. They need to know how to do it.
@DrCChambers #itdoesnthavetohurt



2 YEARS AGO

hgillismac **Holly G**

@hgillismac

Will these stories get to doctors and nurses? Will other care providers hear how to make a difference? #itdoesnthavetohurt



2 YEARS AGO



William T. Zempsky

@kidspainmd

Parents as your doctors to learn about needle stick pain #itdoesnthavetohurt



2 YEARS AGO

PerriTutelman **Perri Tutelman**

@PerriTutelman

"Parents have the power to advocate for pain management in their children" @DrCChambers
#itdoesnthavetohurt



2 YEARS AGO

Peady **Peady**

@Peady

Medical pros need more experience in relating to people with pain. #itdoesnthavetohurt



2 YEARS AGO



Doctors Nova Scotia

@Doctors_NS

"Pain management is a complex problem and we need complex solutions." @DrCChambers
#itdoesnthavetohurt



2 YEARS AGO



Can. Pain Coalition

@CaPainCoalition

Parents can make a difference! Include patient voice in research and healthcare @seastarbatita
#ItDoesntHaveToHurt



2 YEARS AGO

Katelynn Boerner

@KatelynnBoerner

"Parents are the common denominator in their children's health care" - @DrCChambers
#itdoesnthavetohurt



2 YEARS AGO

Allen Finley

@AllenFinley

@AusPainSoc Nurses & doctors educated about pain still need permission to use knowledge.
Many types of barriers. #itdoesnthavetohurt



2 YEARS AGO



Teaching kids [#itdoesnthavetohurt](#) will keep them healthy because they won't avoid routine medical care. pic.twitter.com/Oh5aDt56KV

 DR. CHRISTINE KOROL @CHRISTINE_KOROL · 2 YEARS AGO

CAPHCTweets

@CAPHCTweets

"If the patient and the health reporter can't access the articles, how do we get this out?!"
@DrCChambers [#itdoesnthavetohurt](#)

 2 YEARS AGO

The demographic of people looking for information is broad.

MommyMoja

@MommyMoments

"Increasingly grandparents are using social media to access content too" - @DrCChambers
[#itdoesnthavetohurt](#)

 2 YEARS AGO

pearceauto

@pearceauto

[#itdoesnthavetohurt](#) Grandparents want to be involved too, that is one reason I am here :)

 2 YEARS AGO

kingneuro Christopher King
@kingneuro

Being a dad has been the greatest gift (and challenge). Fathers have a critical role in childhood pain. @YummyMummyClub #itdoesnthavetohurt

 2 YEARS AGO

 Katie Birnie
@katebirnie

Shout out to #DeliciousDads. @YMCbuzz is for you too! You have a role in your child's pain management. #itdoesnthavetohurt

 2 YEARS AGO

 Nicki Himmelman
@bbms_mom

Wondering where kids with chronic pain disorders fit in all this? #itdoesnthavetohurt

 2 YEARS AGO

Melanie Noel Melanie Noel
@MelanieNoel

Finally! Getting pain research into the hands of people who can actually change the world: parents! #itdoesnthavetohurt @DrCChambers

 2 YEARS AGO

 Gordon Stevens
@uncommongroup

As a parent of a child with a chronic illness, it's gratifying to see people like @DrCChambers starting initiatives like #itdoesnthavetohurt

 2 YEARS AGO

But this was just the launch! Keep the conversation going and let's keep spreading the important message of pain management for children!

carotrusko Carolyn truskoski
@carotrusko

The first post for #itdoesnthavetohurt is up on yummy mummy club! [shar.es/17uyK7](https://www.shar.es/17uyK7)

 2 YEARS AGO

Perri Tutelman

@PerriTutelman

"This is a conversation starting" Join the conversation on [@YummyMummyClub](#) over the next 12 months! [#itdoesnthavetohurt](#)

 2 YEARS AGO



Can. Pain Coalition

@CaPainCoalition

Can't wait to read about reducing childhood pain on the [@YummyMummyClub](#) website! [#ItDoesntHaveToHurt](#)

 2 YEARS AGO

mylifeinthesunn

@mylifeinthesunn

Make sure you sign up for the [@YummyMummyClub](#) newsletter to see all of the [#itdoesnthavetohurt](#) blog posts! [@IWKHealthCentre](#)

 2 YEARS AGO

hgillismac

@hgillismac

[@YummyMummyClub](#) will help diffuse the tools & messages out. Hope is parents will share the practical tips out [#itdoesnthavetohurt](#)

 2 YEARS AGO

Mommy Moments

@MommyMoments

"Every piece of content we create has a share button on it... Can trickle down from parent to parent" - [@YummyMummyClub](#) [#itdoesnthavetohurt](#)

 2 YEARS AGO

jackhourigan

@jackhourigan

[@seastarbatita](#) [@suerobinsyvr](#) I will be following all year long, what a great initiative! [#itdoesnthavetohurt](#)

 2 YEARS AGO



Can't wait to read about reducing childhood pain on the [@YummyMummyClub](#) website!
[#ItDoesntHaveToHurt](#) [pic.twitter.com/Vj7Bg67IVb](#)

 CKN @CANCERKN · 2 YEARS AGO



Cochrane PaPaS
@CochranePaPaS

September is our 'topical analgesics' themed month. Follow [#PaPaStheme](#) to find out more
[#painevidence](#) (KH)

 2 YEARS AGO



CPA_SCP
@CPA_SCP

Researchers! Help us evaluate the impact of [#itdoesnthavetohurt](#) social media initiative by
completing this survey! [shar.es/1vw590](#)

 2 YEARS AGO



It's a challenge and inspiration to take care of sick children ow.ly/Ss3gr #ItDoesntHaveToHurt
[@McMasterU](https://twitter.com/McMasterU) pic.twitter.com/H4n7NGd6Y9

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The [#itdoesnthavetohelp](#) team is so thankful for all the support!



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Thanks to [@NSHRF_info](#) [@CIHR_IRSC](#) helping us break the mould getting science to parents through stories [#itdoesnthavetohurt](#) [@YummyMummyClub](#)

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So grateful to ALL who supported [#itdoesnthavetohurt](#) IRL and online yesterday. Now let's go help kids with pain! pic.twitter.com/KsfHryuraZ

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