

by Christine Chambers

a year ago

## #itdoesnthavetohurt Twitter Party

On March 1st, #itdoesnthavetohurt held its first Twitter Party with @YMCBuzz , @YummyMummyClub, and @drcchambers!



#Moms come together to help eachother #ItDoesntHaveToHurt! Tomorrow #TwitterParty RVSP -> [shar.es/1CcAWL](https://www.shar.es/1CcAWL) [pic.twitter.com/MDnWfut7Kp](https://pic.twitter.com/MDnWfut7Kp)

TAMMY @INRDREAM · 2 YEARS AGO



Perri Tutelman

@PerriTutelman

I'll be participating in my first ever Twitter party tomorrow with the #itdoesnthavetohurt team! Will you join us? [twitter.com/DrCCchambers/st...](https://twitter.com/DrCCchambers/st...)



2 YEARS AGO



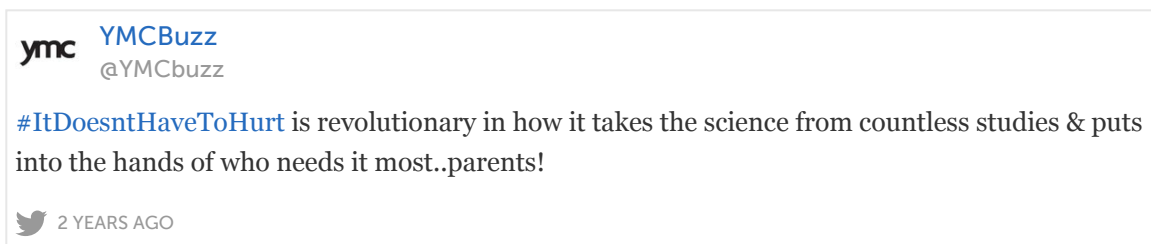
Maija

@MommyMoments

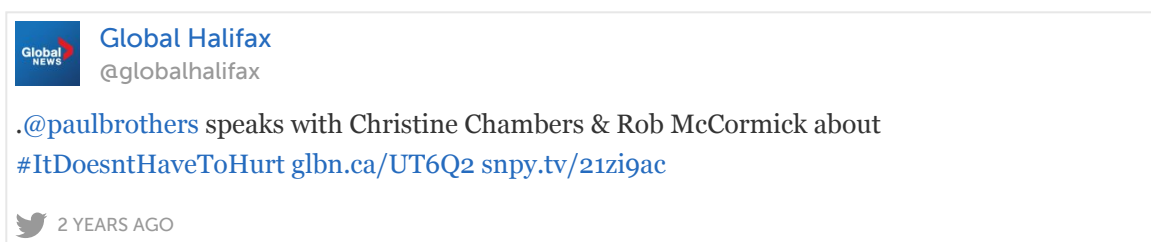
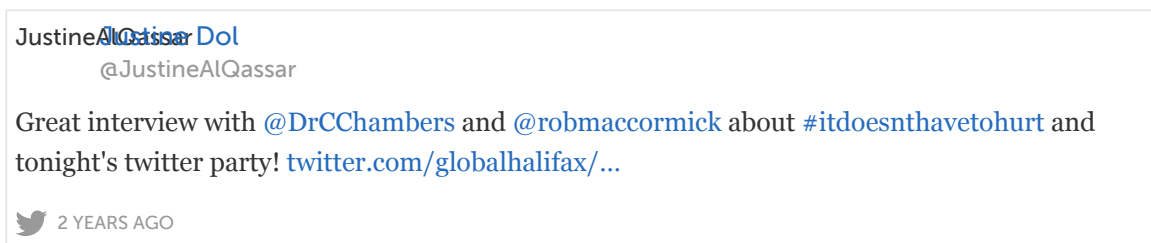
@YMCbuzz @stephsimpson83 @YummyMummyClub I wish more health researchers did this - we want to know what they know :) #itdoesnthavetohurt



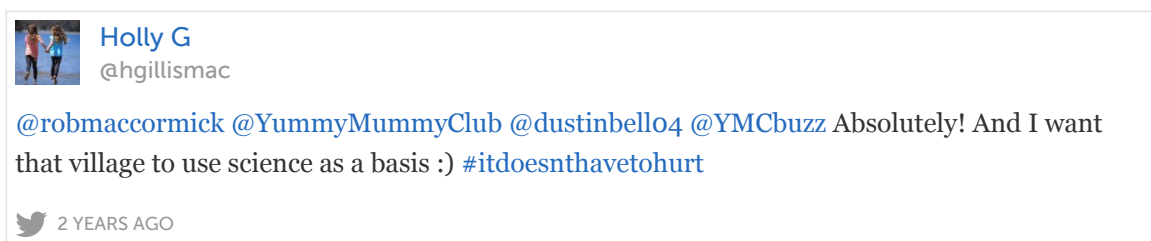
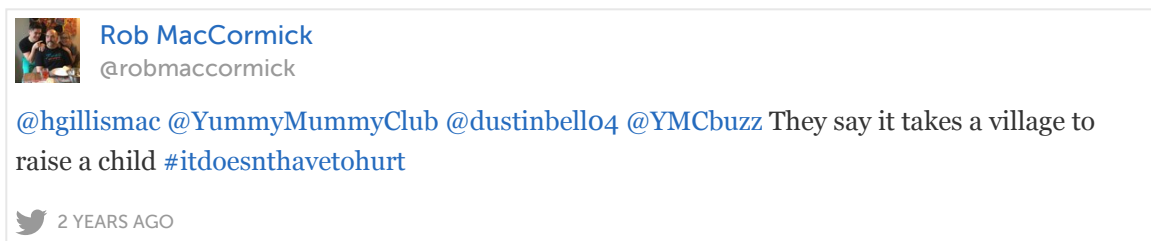
2 YEARS AGO



Media coverage helped spread the word about the Twitter chat.



Parents and caregivers were so excited to ask questions, gain knowledge and share experiences.





**YMCBuzz**  
@YMCbuzz

@MommyMoments @DrCChambers @YummyMummyClub we all feel like we're part of something important here! #itdoesnthavetohurt



2 YEARS AGO



**Elysia Galway**  
@ElysiaGalway

@YMCbuzz we are going through horrible teething right now! This is where I need to be tonight #itdoesnthavetohurt



2 YEARS AGO



**Kate**  
@KathleenERobson

@DrCChambers So many questions for you! How do you help kids quantify and describe pain? #itdoesnthavetohurt



2 YEARS AGO



**Sheri McDonald**  
@kidsumers

I'm hoping to learn some new techniques tonight. #ItDoesntHaveToHurt



2 YEARS AGO



**Linda G**  
@Gaglin

@YMCbuzz Going to be a good session. Grandson just had surgery, having to monitor meds #itdoesnthavetohurt



2 YEARS AGO

The [#itdoesnthavetohurt](#) campaign is all about getting the information that parents and caregivers want and need, and there's no better way to do that than to ask what they want to learn!



**Christine Chambers**  
@DrCChambers

I feel like I've been waiting my whole career for this kind of party! Research getting to parents! Helping kids pain! #ItDoesntHaveToHurt



2 YEARS AGO

YummyMummyClub

@YummyMummyClub

I've waited 18 months for this night. [#itdoesnthavetohurt](#) is leading the way for health researchers to connect with parents using social!

 2 YEARS AGO



YMCBuzz

@YMCbuzz

Q1 [#ItDoesntHaveToHurt](#) is a year-long program to get useful info to YOU! What would you like to ask [@DrCCChambers](#) & team about pain and kids?

 2 YEARS AGO

We were flooded with questions from parents about a whole range of topics about pain in children!



Andrea Duncan

@andydunks85

[@YMCbuzz](#) [@DrCCChambers](#) A1 What is the best way to help babies during their vaccinations? [#itdoesnthavetohurt](#)

 2 YEARS AGO



S Alexis

@salexis

A1. My family doctor sometimes dismisses my sons pains. I don't know how to address that!? [@YMCbuzz](#) [@DrCCChambers](#) [#itdoesnthavetohurt](#)

 2 YEARS AGO



Stephanie

@steph\_xoxo10

[@YMCbuzz](#) [@DrCCChambers](#) A1: What is the #1 source of pain in children? [#itdoesnthavetohurt](#)

 2 YEARS AGO



Stephanie Simpson

@stephsimpson83

Q1: [@DrCCChambers](#) Sounds silly, but...what are some good indicators that a child is in serious pain? [#ItDoesntHaveToHurt](#)

 2 YEARS AGO

**Kathryn Easter**

@Kathryn\_Easter

A1 what are easy words to help kids describe pain (ie sharp, achy aren't kid words)?

[#itdoesnthavetohurt](#) [@YMCbuzz](#) [@DrCChambers](#)



2 YEARS AGO

**Trade-at-Home Mom**

@ReinventYourDay

[@YMCbuzz](#) [@DrCChambers](#) q1 How do you recognize pain in babies other than crying or having a temperature? [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**BirdsandGlees**

@BirdsandGlees

[@YMCbuzz](#) [@DrCChambers](#) A1)How to accurately determine child's level of pain? (When is a medical professional necessary?). [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Cheryl**

@sensfan4eva

[@YMCbuzz](#) [@DrCChambers](#) A1 how can you know if your child is over exaggerating their pain or even under exaggerating [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Jenn Annis**

@JennAnnis

[@YMCbuzz](#) [@DrCChambers](#) A1. How can you spot pain in special needs kiddos (like Autism) when they don't have words? [#itDoesnthavetohurt](#)



2 YEARS AGO

**Kathy Fowler**

@Kat4040

[@YMCbuzz](#) A1 Since babies can't express themselves how do you tell if they are in pain?

[#ItDoesntHaveToHurt](#) [@DrCChambers](#)



2 YEARS AGO



A1: I have a redheaded child and I heard they are more sensitive to pain. True? [#itdoesnthavetohurt](#)  
[pic.twitter.com/PNmbZYatvk](https://pic.twitter.com/PNmbZYatvk)

SEANNA THOMAS @NUTRITIONNAIRE · 2 YEARS AGO



**Jeffrey Mogil**  
 @JeffreyMogil

@Nutritionnaire Some scientists have found that redheads are more sensitive to pain, but others (like me) have found they're LESS.

2 YEARS AGO

Fortunately we have answers based on evidence to lots of these questions. But parents also identified areas where they are struggling with pain, such as growing and teething pains, where we don't have very much science to guide us.

**YummyMummyClub**

@YummyMummyClub

A1 I'd like @DrCCChambers to tell me if growing pains are a real thing. If so, how to treat it.  
[#ItDoesntHaveToHurt](#)

2 YEARS AGO



**lisa mclain**  
@leisamclain

@YMCbuzz @DrCCChambers A1 Do kids get pains in there legs from growing ?  
#ItDoesntHaveToHurt

2 YEARS AGO



**Seanna Thomas**  
@Nutritionnaire

I think my kids get some 'growing pains' in their legs...they get really achy...any advice there? It's ALWAYS at night. #itdoesnthavetohurt

2 YEARS AGO



**Christine Chambers**  
@DrCCChambers

@KathleenERobson Growing pains are a common problem for many kids! We'll be covering those in the coming months! #itdoesnthavetohurt

2 YEARS AGO



**Steven Bradley**  
@srbradley33

My grandson has started teething. I'm looking for a way to help his mom manage his pain. Any thoughts? #itdoesnthavetohurt

2 YEARS AGO



**Christine Chambers**  
@DrCCChambers

@sheltiomomma35 @YMCbuzz So, basically there has been NO research on teething pain. But we're going to change that #itdoesnthavetohurt

2 YEARS AGO



**Maija**  
@MommyMoments

@DrCCChambers @sheltiomomma35 @YMCbuzz You'll make a lot of moms of teething babies VERY happy with that announcement #itdoesnthavetohurt

2 YEARS AGO

There were some great insights and resources shared, including tips for words that kids can use to describe pain and and pain measurement resources such as the face pain scale.

**Christine Chambers**

@DrCChambers

@Zac\_maniac @YMCbuzz Kids rarely fake pain, they are more likely to hide it!  
#itdoesnthavetohurt



2 YEARS AGO

**Christine Chambers**

@DrCChambers

@stephsimpson83 You can ask them using the Faces Pain Scale and watch for behaviour change! #itdoesnthavetohurt



2 YEARS AGO

**Tammy**

@inRdream

Does your kid have a Puzzling Pain? How to identify it & get help #ItDoesntHaveToHurt ->  
[ln.is/yummymummyclub...](http://ln.is/yummymummyclub...) via @YummyMummyClub



2 YEARS AGO

**Stephanie Simpson**

@stephsimpson83

Moms and Dads - Face Pain Scale is free to download to assess pain! #ItDoesntHaveToHurt  
[twitter.com/YMCbuzz/status...](https://twitter.com/YMCbuzz/status...)



2 YEARS AGO

**YMCBuzz**

@YMCbuzz

This checklist is helpful for caregivers when kids are unable to communicate verbally  
[bit.ly/1TOyu4R](http://bit.ly/1TOyu4R) #ItDoesntHaveToHurt



2 YEARS AGO

Needles are never fun and knowing how to help a child through the experience can be tough.

**YMCBuzz**

@YMCbuzz

I LOVE getting needles. Said no one ever. #itdoesnthavetohurt



2 YEARS AGO



**Karla Hagel**

@Karhagel

@YMCbuzz @DrCChambers A1. our first little baby comes April5! How do i the vaccine process as easy as possible? #ItDoesntHaveToHurt



2 YEARS AGO

**Nydia Santos**

@nydiasantos

@YMCbuzz @DrCChambers A1: great support here! What can I do to lessen the pain when my child has to get bloodwork? #ItDoesntHaveToHurt



2 YEARS AGO

**Natalie Romero**

@mummymadness2

@YMCbuzz @DrCChambers How can we help our little ones prepare for pain that we know is coming? Needles, procedures...#ItDoesntHaveToHurt



2 YEARS AGO

**Elaine Laforge**

@elainestreasure

@YMCbuzz A1 what amount of pain is average after vaccinations? #ItDoesntHaveToHurt



2 YEARS AGO

**Jackie Bender**

@benderjack

@elainestreasure @YMCbuzz Good question, and for how long? What is the typical duration or course of vaccination pain? #itdoesnthavetohurt



2 YEARS AGO

But using some techniques for pain management can make the experience less scary (for kids and adults).

**YMCBuzz**

@YMCbuzz

@DrCChambers needles are a stumbling block for many parents. How do you calm their nerves as well as the kids? #ItDoesntHaveToHurt




2 YEARS AGO



**Christine Chambers**  
@DrCChambers


@Karhagel @YMCbuzz Great tips here on vaccination pain management! [#itdoesnthavetohurt](#) [yumymummyclub.ca/blogs/andrea-n...](http://yumymummyclub.ca/blogs/andrea-n...)


 2 YEARS AGO



**Forever In Mom Genes**  
@LisaThornbury


We were at the dentist earlier tonight! Used our tried & true [#itdoesnthavetohurt](#) strategies to help my nervous DD! [twitter.com/YMCbuzz/status...](https://twitter.com/YMCbuzz/status...)


 2 YEARS AGO



**YMC Buzz**  
@YMCbuzz


Keep this video handy for helpful tips when babies are getting vaccinations! [bit.ly/1QIZBsG](http://bit.ly/1QIZBsG) [#ItDoesntHaveToHurt](#)

 2 YEARS AGO



**YMC Buzz**  
@YMCbuzz

You will want to keep this website bookmarked. It's your guidebook for pain management and kids [bit.ly/1QpfRQg](http://bit.ly/1QpfRQg) [#ItDoesntHaveToHurt](#)

 2 YEARS AGO


Relieving pain can be tricky and knowing what type of medicine or techniques to use can be intimidating.



**heather**  
@heatherlike


@YMCbuzz @DrCChambers A1: [#ItDoesntHaveToHurt](#) What are your thoughts on the topical creams to help with pain relief for shots?

 2 YEARS AGO



**Christine Chambers**  
@DrCChambers

@O4grace @jopfoh @YMCbuzz EMLA is a topical anesthetic cream you can buy OTC [#itdoesnthavetohurt](#)

 2 YEARS AGO



@O4grace @YMCbuzz #itdoesnthavetohurt emla is a topical cream or patch you apply prior to a needle etc [pic.twitter.com/h8EWJ349x0](https://pic.twitter.com/h8EWJ349x0)

🐦 JO-ANNE PFOH @JOPFOH · 2 YEARS AGO



**dannielle tessier**  
@djak1972

@DrMCampbellYeo #itdoesnthavetohurt I remember a cool face cloth would help my daughters a lot and tylenol if needed

🐦 2 YEARS AGO



**Jen Poirier**  
@jenlynnpoirier

@YMCbuzz @DrCChambers A1: we thought Tylenol was best for kid pain but keep hearing more that it's bad? What's best? #ItDoesntHaveToHurt

🐦 2 YEARS AGO



**Marsha Campbell-Yeo**  
@DrMCampbellYeo

Skin to skin contact and breastfeeding. Both are cost effective, simple and effective ways to reduce newborn pain #itdoesnthavetohurt

🐦 2 YEARS AGO

**Lisa Keenan**

@lisakeen

A1. Should kids with low grade fevers be given Advil, Tylenol or other fever reducing medication? [#itdoesnthavetohurt](#)



2 YEARS AGO

**Christine Chambers**

@DrCChambers

[@YMCbuzz](#) [@mummymadness2](#) Best to check with your doc but generally best to stick with one unless advised otherwise [#itdoesnthavetohurt](#)



2 YEARS AGO

**jamie hall**

@JamieNugget

[@YMCbuzz](#) [@DrCChambers](#) A1 how long is it safe to give pain med how many days in a row [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**lynn clayton**

@lynnbeanie2

q1 how to get my son to take his meds its a battle tried it all tipsplease [@YMCbuzz](#) [#ItDoesntHaveToHurt](#) [@DrCChambers](#) [twitter.com/YMCbuzz/status...](#)



2 YEARS AGO

Rebuilding trust after a child has a difficult experience is so important for your child and was discussed as a challenge faced by parents.

**Isabel Jordan**

@seastarbatita

[@YMCbuzz](#) poorly managed pain can also cause trauma and PTSD for kids - esp those that end up 'frequent fliers' [#itdoesnthavetohurt](#)



2 YEARS AGO


**Lee-Ann Sleepers**

@SleegsSkees

[@YMCbuzz](#) [@DrCChambers](#) A1: How do you rebuild trust after a bad experience when getting stitches? [#itdoesnthavetohurt](#)



2 YEARS AGO

 **Julie**  
@trysmallthings


@YMCbuzz A1 What can we do to ease a child's memory of pain so they're not scared to try things for fear of being hurt? #itdoesnthavetohurt

 2 YEARS AGO


 **Forever In Mom Genes**  
@LisaThornbury

@NicoleBoyHouse Had a bad experience as a kid—haunted me ever since. Why I strive to make my kids' experiences positive. #itdoesnthavetohurt


 2 YEARS AGO

 **Heidi Rideout**  
@HeidiRideout


@YMCbuzz @DrCChambers @YummyMummyClub #ItDoesntHaveToHurt how can we help manage anger associated with surgery pain in a 5 year old?


 2 YEARS AGO

Gauging an infants experience of pain is a real challenge.


 **YummyMummyClub**  
@YummyMummyClub


Ready! Q2 Let's talk about babies and pain. I'll tweet true or false statements and you tell me the answer. Ready? #ItDoesntHaveToHurt

 2 YEARS AGO


 **Seanna Thomas**  
@Nutritionnaire

A2: SO READY! And by ready I mean ready to learn bc I'm pretty sure I won't know the answers! #itdoesnthavetohurt

 2 YEARS AGO

 **YMC Buzz**  
@YMCbuzz


Babies' brains are too immature to feel pain. True or false. #ItDoesntHaveToHurt

 2 YEARS AGO

**Calvin Pearce**

@pearceauto

@YMCbuzz False #ItDoesntHaveToHurt

 2 YEARS AGO

**YMCBuzz**

@YMCbuzz

Babies cannot remember pain. True or false. #ItDoesntHaveToHurt

 2 YEARS AGO

**Shannon Williams**

@shawilli0415

@YMCbuzz this must be false. I'm sure my little guys remember pain. I wish it was true.  
#ItDoesntHaveToHurt

 2 YEARS AGO

**YMCBuzz**

@YMCbuzz

Pain has no consequence on a baby's development. True or false. #ItDoesntHaveToHurt

 2 YEARS AGO

**Kevin Southgate**

@Kevin\_Southgate

@YMCbuzz false! #itdoesnthavetohurt

 2 YEARS AGO

**YMCBuzz**

@YMCbuzz

It's not safe to use pain medications with babies. True or false. #ItDoesntHaveToHurt

 2 YEARS AGO

**Jo-Anne Pfoh**

@jopfoh

@YMCbuzz #itdoesnthavetohurt a2 false

 2 YEARS AGO



All of them are FALSE, but it wasn't until the late 1980s that all of the above was widely believed to be TRUE. Shocked? [#ItDoesntHaveToHurt](#)

2 YEARS AGO



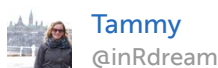
[@YMCbuzz](#) so shocked! I got the false parts...but so long thinking otherwise? Shame on them. [#ItDoesntHaveToHurt](#)

2 YEARS AGO



A big challenge is that babies can't tell us when they feel pain. That is why we use other ways like facial responses [#itdoesn'thavetohurt](#)

2 YEARS AGO



Skin to skin is so helpful! I reduce fevers with my kids snuggling skin to skin. [#itdoesn'thavetohurt](#) [twitter.com/hgillismac/sta...](https://twitter.com/hgillismac/sta...)

2 YEARS AGO

When talking about stomachaches and headaches, parents had many tips and suggestions for dealing with this pain in their children.



Q3 Tummy aches and headaches are common with children. Share your best tips for dealing with them here. [#ItDoesntHaveToHurt](#)

2 YEARS AGO



[@YMCbuzz](#) A3. Hot Water Bottles for tummies, cold cloth for headaches, cuddles & pain meds if other measure don't work [#ItDoesntHaveToHurt](#)

2 YEARS AGO

**IAMTHEMILK**

@KatiaDBE

A3: headaches: minimizing exposure to bright light and screens helps. Shower alternating hot/cool water to back of neck [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Isabel Jordan**

@seastarbatita

A3 Advil, quiet time, distraction. That's our headache trifecta. [#itdoesnthavetohurt](#)



2 YEARS AGO

**Christine Chambers**

@DrCChambers

[@trysmallthings](#) [@YMCbuzz](#) Yes, stress is a common trigger for stomachaches. Support use of coping strategies! [#itdoesnthavetohurt](#)



2 YEARS AGO

Sometimes the thing that helps also hurts. Dealing with pain after surgery is challenging.

**YMCBuzz**

@YMCbuzz

Q4 Let's talk about post-operative pain in children. Have you had any experience with this? How? [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**lynn clayton**

@lynnbeanie2

q4 my sons had 2 surgeries worst experience ever hated to see him in so much pain [#ItDoesntHaveToHurt](#) [@YMCbuzz](#) [twitter.com/YMCbuzz/status...](https://twitter.com/YMCbuzz/status...)



2 YEARS AGO

**Maija**

@MommyMoments

A4: [@YMCbuzz](#) I was NOT prepared for son's post tonsillectomy pain. I will never forget lying next to him in the hospital [#itdoesnthavetohurt](#)



2 YEARS AGO





@YMCbuzz #itdoesnthavetohurt a4 Cody was 4 and shattered his wrist and elbow they had to do surgery very hard [pic.twitter.com/Cl1haTdWq8](https://pic.twitter.com/Cl1haTdWq8)

JO-ANNE PFOH @JOPFOH · 2 YEARS AGO



**Isabel Jordan**  
@seastarbatita

A4 we were told 'kids don't feel post-op pain the way we do' after he had most of his R. mandible removed. :o #itdoesnthavetohurt

2 YEARS AGO



**αἰῶν**  
@Smoars

@YMCbuzz a4 my son was 9 mths he had a hernia, had surgery. it was so scary. i couldn't see him hooked up to all that #itdoesnthavetohurt

2 YEARS AGO



**Karen**  
@EvdvK

@YMCbuzz A4 Daughter broke her arm , doctor never gave anything for pain  
#ItDoesntHaveToHurt

2 YEARS AGO

There are tools and approaches that can really help manage pain after surgery.

**Christine Chambers**

@DrCChambers

If your child recently had surgery, the Parents' Postoperative Pain Measure is a [#free](#) tool [pediatric-pain.ca/wp-content/upl...](http://pediatric-pain.ca/wp-content/upl...) [#itdoesnthavetohurt](#)



2 YEARS AGO

**Holly G**

@hgillismac

[@YMCbuzz](#) A4 Setting the alarm helped us not miss a dose. The pharmacist was great with reminding us to do this [#itdoesnthavetohurt](#)



2 YEARS AGO

**Kathy Reid**

@KathyReid5

[@GNSleepSite](#) [@YMCbuzz](#) [#itdoesnthavetohurt](#) key point! Give pain meds regularly the day after surgery.



2 YEARS AGO

**YMC Buzz**

@YMCbuzz

If you have a child who will be undergoing surgery soon, mark this page to help assess pain! [bit.ly/1TODs1x](http://bit.ly/1TODs1x) [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Orie M.G.**

@LetsTkAShelfie

Daughter had dental surgery done. Tylenol, fluids and rest was what worked for her [#itdoesnthavetohurt](#) [twitter.com/YMCbuzz/status...](https://twitter.com/YMCbuzz/status...)



2 YEARS AGO

**Tammy**

@inRdream

This post [ln.is/yummymummyclub...](http://ln.is/yummymummyclub...) by [@Candace\\_Dx](#) will help you prepare & manage your kid's post-surgery pain because [#ItDoesntHaveToHurt](#)



2 YEARS AGO

Whether its a game to distract the pain or techniques to deal with meds there are some great videos and tools out there!



**Tammy**  
@inRdream

Distraction is always one of the best tools in a parents back pocket! [#itdoesnthavetohurt](#)  
[twitter.com/DrCCchambers/st...](#)



2 YEARS AGO



**YummyMummyClub**  
@YummyMummyClub

BOOKMARK THIS! RT [@YMCbuzz](#): Parents and kids can complete this fun and education pain quiz! [bit.ly/1TODpCN](#) [#ItDoesntHaveToHurt](#)



2 YEARS AGO



**Tammy**  
@inRdream

Great tip here for getting them to take their meds. [#itdoesnthavetohurt](#)  
[twitter.com/KathyReid5/sta...](#)



2 YEARS AGO



**Jackie Bender**  
@benderjack

[@YMCbuzz](#) Great TedEd video by Dr. Karen Davis - expert in brain imaging- about how your brain responds to pain. [#itdoesnthavetohurt](#)



2 YEARS AGO



**dcb**  
@melita\_snow

[@YMCbuzz](#) Yes, thank you! These quizzes/activities r very helpful. [#ItDoesntHaveToHurt](#)



2 YEARS AGO




**Orie M.G.**  
@LetsTkAShelfie

Saving this for later. Though, I hope I NEVER need it [#itdoesnthavetohurt](#)  
[twitter.com/YMCbuzz/status...](#)





2 YEARS AGO



**Tammy**  
@inRdream


#ItDoesntHaveToHurt, don't lie be honest and distract them! Here are tips to #MinimizePain -> [ln.is/yummymummyclub...](http://ln.is/yummymummyclub...) @YummyMummyClub

 2 YEARS AGO




**Christine Chambers**  
@DrCChambers

Such a great video by my colleague @kren27 #itdoesnthavetohurt [twitter.com/ymcbuzz/status...](https://twitter.com/ymcbuzz/status...)


 2 YEARS AGO


Medication is a big part of effective pain management but caregivers have a lot of concerns about overmedicating, dependency, and misjudging dosage.



**YMC Buzz**  
@YMCbuzz


Q5 Parents often give children less medication than prescribed post surgery. Why do you think that is? #ItDoesntHaveToHurt


 2 YEARS AGO




**Shannon H**  
@shannoncont


@YMCbuzz a9 - scared to over medicate probably. meds and kids can be a scary mix #itdoesnthavetohurt


 2 YEARS AGO



**Michelle Matta**   
@littlemmm


@YMCbuzz A5 I dont think we like putting so many meds into them? #Itdoesnthavetohurt

 2 YEARS AGO



**Alanna McGinn**  
@GNSleepSite

A5: Struggling w/this right now w/morphine. Trying to trust Dr's prescrip & not under dose. A strong drug for a wee one. #itdoesnthavetohurt

 2 YEARS AGO

**heather**

@heatherlike

@YMCbuzz #ItDoesntHaveToHurt A5: Likely afraid of side effects plus perhaps not being able to monitor their symptoms as well?

2 YEARS AGO

**Seanna Thomas**

@Nutritionnaire

A5: I imagine they figure they don't need it? I usually like to err on the side of caution too, I admit. #itdoesnthavetohurt

2 YEARS AGO

**Erin Chawla**

@LearnConcern

Q5. I think if you trusted a dr to operate on your child, shouldn't you also trust their advice re medication? #ItDoesntHaveToHurt

2 YEARS AGO

**I AM THE MILK**

@KatiaDBE

A5: as parents we're programmed to fear. I suppose the outcome of under medicating seems safer than opposite. #ItDoesntHaveToHurt l

2 YEARS AGO

**Yummy Mummy Club**

@YummyMummyClub

A5 I don't like putting any unnecessary chemicals or medicine into my kids.  
#ItDoesntHaveToHurt


2 YEARS AGO

**Anita**

@zserbo\_


A5 as soon as kids start feeling a little better they're excited and we misread that they're fully recovered #itdoesnthavetohurt @YMCbuzz


2 YEARS AGO



**BirdsandGlees**  
@BirdsandGlees


@YMCbuzz A5) It may seem like a lot of meds, but there's a reason the medical professional prescribes that dose. #ItDoesntHaveToHurt

 2 YEARS AGO



**Holly G**  
@hgillismac


@JAParkerPhD @YMCbuzz @jopfoh Pharmacists can be a huge partner in pain management #itdoesnthavetohurt

 2 YEARS AGO



**Isabel Jordan**  
@seastarbatita

@KathyReid5 Would be great to have infographic showing how pain meds actually work #ItDoesntHavetoHurt

 2 YEARS AGO


Through informing themselves, caregivers can ensure that medication is used properly.



**Christine Chambers**  
@DrCChambers


Parents do not want their children to hurt but may not be aware of the harmful effects of untreated or unrelieved pain #itdoesnthavetohurt

 2 YEARS AGO



**Holly Witteman**  
@hwitteman


Sample Qs to ask: What are the options? What are their risks/benefits? How likely are these risks/benefits? #itdoesnthavetohurt @YMCbuzz

 2 YEARS AGO



**Jeffrey Mogil**  
@JeffreyMogil

Did you know that scientists have identified 430 genes that affect pain sensitivity and/or the effects of pain drugs? #ItDoesntHavetoHurt

  @benderjack · 2 YEARS AGO

**Christine Chambers**

@DrCChambers

Less pain = better recovery, but most parents assume pain is part of recovery.

[#itDoesntHaveToHurt](#)



2 YEARS AGO

**Christine Chambers**

@DrCChambers

[@orriel](#) [@YMCbuzz](#) Sadly the research shows that parents under vs. over medicate, and kids suffer [#itdoesnthavetohurt](#)



2 YEARS AGO

**Marsha Campbell-Yeo**

@DrMCampbellYeo

Better education for parents about ways to reduce pain = better pain relief for children

[#itdoesnthavetohurt](#)



2 YEARS AGO

**Christine Chambers**

@DrCChambers

[@inRdream](#) [@mummymadness2](#) [@momsandmunchkin](#) Always best to help kids take their meds without hiding. [#itdoesnthavetohurt](#)



2 YEARS AGO

**Christine Chambers**

@DrCChambers

As healthcare professionals, we need to help parents understand proper pain assessment and management in their children [#itdoesnthavetohurt](#)



2 YEARS AGO


**Christine Chambers**

@DrCChambers

Pain meds get a lot of bad press but when used properly they are an important part of pain management [#itdoesnthavetohurt](#)




2 YEARS AGO

 **YMCBuzz**  
@YMCbuzz


yes. Trust your doctor, not google :) [#itdoesnthavetohurt](#) [twitter.com/LetsTkAShelfie...](https://twitter.com/LetsTkAShelfie...)


 2 YEARS AGO

Helping children deal with fear and pain from needles is an important part of the [#itdoesnthavetohurt](#) campaign.


 **YMCBuzz**  
@YMCbuzz

Q6 Vaccinations are a part of life. Who's more afraid of needles, you or your kid?  
[#ItDoesntHaveToHurt](#)

 2 YEARS AGO

 **mike s**  
@snadym

[@YMCbuzz](#) [@DrCCChambers](#) A1: 6yo needs blood work but scared of needles. How do I help him? [#ItDoesntHaveToHurt](#)

 2 YEARS AGO

Our team produced a video on helping children with shots and needles [youtube.com/watch?v=KgBwVS...](https://youtube.com/watch?v=KgBwVS...) [#itdoesnthavetohurt](#)

 CHRISTINE CHAMBERS @DRCCHAMBERS · 2 YEARS AGO



**Christine Chambers**

@DrCChambers

We know that arming parents with pain info is only tackling part of the problem  
[#itdoesnthavetohurt](#) Need education for health professionals!



2 YEARS AGO

**Peady**

@Peady

[@YMCbuzz](#) A6:None of us is afraid. We're really good at needles. Thing 1 wants to see everything. 2 enjoys distraction. [#itdoesnthavetohurt](#)



2 YEARS AGO

YummyMummyClub

@YummyMummyClub

A6 My kids are more afraid of needles. But now that I know about the Emla Patch, it's way better. Thx [@DrCChambers](#) xo [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Sheri McDonald**

@kidsumers

I always go first for the flu shot, so they are less afraid. [#ItDoesntHaveToHurt](#)



2 YEARS AGO

**Julie K-H**

@Cruiserk

[@YummyMummyClub](#) [@DrCChambers](#) Or I just talk to my kids and have them tell stories. Over before they know it. [#itdoesnthavetohurt](#)



2 YEARS AGO

**Cheryl Kirkness**

@momsandmunchkin

My son does well when I distract him with a game on my phone. [@YMCbuzz](#)  
[#ItDoesntHaveToHurt](#)



2 YEARS AGO



**Kyle Hubley**

@Kyle2255

@YMCbuzz A6. Probably me! kids dont know it hurts until the parents let on  
#itdoesn'thavetohurt



2 YEARS AGO



**Karla Hagel**

@Karhagel

@YMCbuzz A6. Im not afraid. And I hope not to fold fears onto my children either!  
#ItDoesntHaveToHurt



2 YEARS AGO



**Christine Chambers**

@DrCChambers

It is important that parents say calm during procedures, as children look to their parents for cues #itdoesn'thavetohurt



2 YEARS AGO



**Isabel Jordan**

@seastarbatita

This should be repeated: education important for doctors, not just parents  
#itDoesntHaveToHurt [twitter.com/JeffreyMogil/s...](https://twitter.com/JeffreyMogil/s...)



2 YEARS AGO

All the great information being shared was a huge win for everyone, but there were a couple lucky tweeters that won some sweet prizes.



**YMCBuzz**

@YMCbuzz

Congratulations @ForeverAngel26 you've won a \$50 Amazon.ca Gift Card & first aid kit  
#itdoesn'thavetohurt



2 YEARS AGO



**YMCBuzz**

@YMCbuzz

Congratulation @Tinkerbelldustx you've won a \$50 Amazon.ca Gift Card & first aid kit  
#itdoesn'thavetohurt



2 YEARS AGO



Congrats! [@ElysiaGalway](#) you've won our next \$50 Amazon.ca Gift Card & first aid kit  
[#itdoesnthavetohurt](#)

 2 YEARS AGO



Everyone congratulate [@andydunks85](#) who won a \$50 Amazon.ca Gift Card & first aid kit!  
[#itdoesnthavetohurt](#)

 2 YEARS AGO



Congrats to [@shannoncont](#) our last winner of a \$50 Amazon.ca Gift Card & first aid kit. Grand prize coming up! [#itdoesnthavetohurt](#)

 2 YEARS AGO

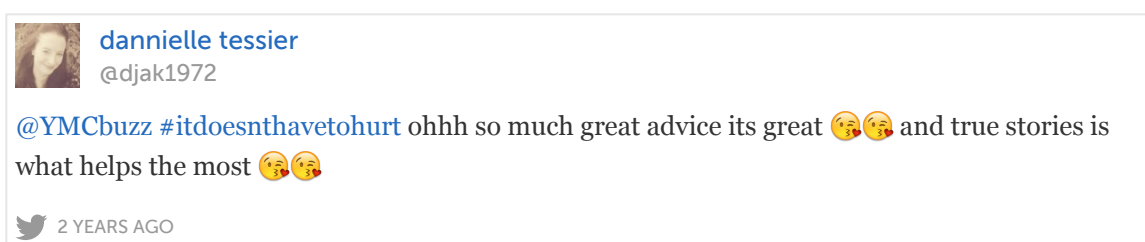
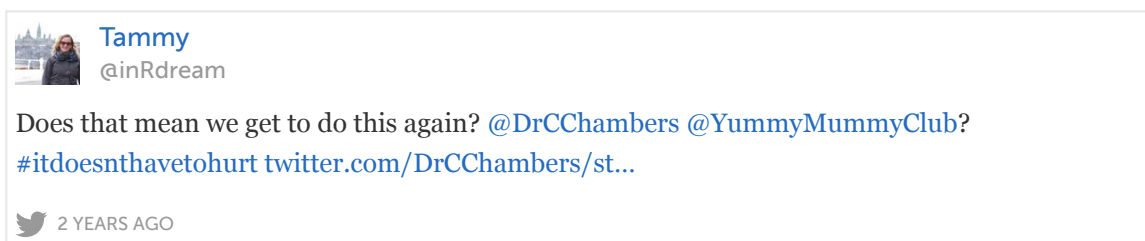
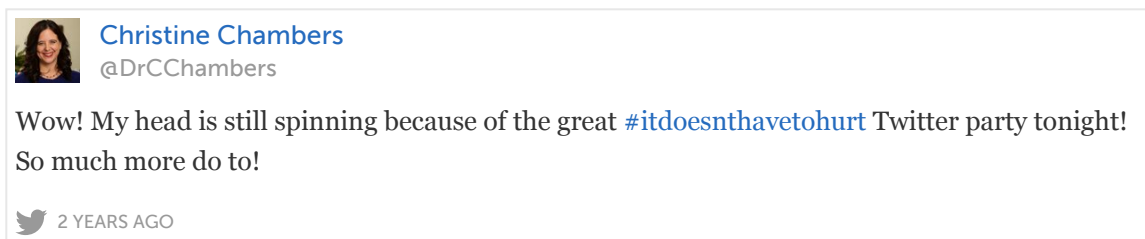


Huge congratulations to [@Karhagel](#) our grand prize winner of a \$250 Amazon.ca Gift Card & first aid kit [#itdoesnthavetohurt](#)

 2 YEARS AGO



The twitter chat was a huge success and everyone who shared deserves a HUGE thank you!





We want to take a minute to thank YOU for your support tonight. Your involvement is helping us share the [#ItDoesntHaveToHurt](#) initiative.

2 YEARS AGO



**Christine Chambers**  
@DrCChambers

We are grateful to [@CIHR\\_IRSC](#) and [@NSHRF\\_info](#) for their funding and support of [#itdoesnthavetohurt](#)

2 YEARS AGO



**BirdsandGlees**  
@BirdsandGlees

[@YMCbuzz](#) Thanks for having such an informative chat on such an important and previously misunderstood topic! [#ItDoesntHaveToHurt](#)

2 YEARS AGO



**Christine Chambers**  
@DrCChambers

[#itdoesnthavetohurt](#) was meant to help parents, but parents are helping us researchers to develop new studies that matter to parents!

2 YEARS AGO



**Ann Douglas**  
@anndouglas

[@DrCChambers](#) When parents, clinicians, and researchers join forces, the results can be pretty magical.... [#itdoesnthavetohurt](#)

2 YEARS AGO

This one hour Twitter Party resulted in over 2,000 tweets using the [#ItDoesntHaveToHurt](#) hashtag, generated over 45 million impressions, reaching over 5 million people, and trended in Canada. We even crashed the Sick Kids About Kids Health server by directing so many parents to linked resources.



**Trendsmap Canada**  
@TrendsmapCanada

[#itdoesnthavetohurt](#) is now trending in Canada [trendsmap.com/ca](https://trendsmap.com/ca)

@DrCChambers · 2 YEARS AGO



## Error

The server is busy now. Try again later

Correlation ID::a05ae942-b67a-4846-ae28-5cb40dca6bf6

Date and Time: 3/1/2016 11:02:46 PM

Oops - sorry [@SickKidsNews](#). Our [#itdoesnthavetohurt](#) Twitter party crashed your About Kids Health site tonight. [pic.twitter.com/I8XwTwRXAf](https://pic.twitter.com/I8XwTwRXAf)

 ERICA EHM [@YUMMYMUMMYCLUB](#) · 2 YEARS AGO

[sladurantaye](#) [Slade Ladurantaye](#)  
[@sladurantaye](#)

Want to see crazy Twitter engagement? Check out the [#itdoesnthavetohurt](#) hashtag and the [@YMCbuzz](#) chat. Bonkers.

 2 YEARS AGO



[André Picard](#)

[@picardonhealth](#)

.[@DrCChambers](#) and [@YummyMummyClub](#) setting a new standard for patient engagement on social media [#itdoesnthavetohurt](#) [twitter.com/sladurantaye/s...](https://twitter.com/sladurantaye/s...)

 2 YEARS AGO



Until next time, remember there's no need to guess. [#ItDoesntHaveToHurt](#)  
[pic.twitter.com/r6uAcr7pdv](https://pic.twitter.com/r6uAcr7pdv)

 YMCBUZZ @YMCBUZZ · 2 YEARS AGO