











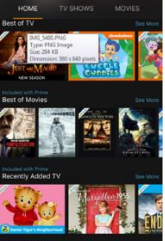
New Approaches to Pain: Exploring Nonpharmacologic, Child Life & Distraction Toolbox Techniques for Pain Management in Emergency and Acute Care Settings

Apps & Resources for Distraction

Name	Age	Price	Logo
Interactive Play-Kinesthetic (Apps)			
Toca Pet Doctor Toca Doctor	2-6 yrs	\$2.99 \$2.99	
Doodle Bowl	>3 years	Free	
Fruit Ninja	6-18 years	Free	
Candy Pizza Maker	4-12 years	Free	
Games (Apps)			
Dominos	>7 years	Free	
Board Game Collection	>7 years	\$2.99	
Uno	>5 years	Free	
Trivia Crack	>12 years	Free	
Art (Apps)			
Swirlcity Lite	All Ages	Free	
Crayola	2-12 years	\$2.99	
Glow Draw	2-15 years	Free	
Coloring Book for Anti-Stress	>10 years	Free	

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Name	Age	Price	Logo
Music (Apps or online)			
Spotify Has nursery rhymes, big band, current hits, etc.	>1 years	Free	
Pandora	>3 years	Free	
Animal Piano	1-7 years	Free	
Talking Tom & Ben News Ginger 2 (Kitten)	4-12 years	Free with Ads \$3.99 no Ads Has a "Child Mode"	 
Relaxation/Breathing/Imagery			
Various Programs on You Tube (can be accessed on your phone, ipad or computer)	>7 years	Free	
Settle Your Glitter- App	4-15 years	Free	
Stop, Breathe, Think- App	10-18 years	Free	
Healing Buddies Comfort Kit- App	4-18 years	Free	
Movie Options			
Amazon Prime Download to your phone- Movies, Cartoons, etc.	All Ages	Some Free with your membership and some you pay	
Xfinity Download to your phone	All Ages	Some Free with your membership and others you pay per movie	

There are a lot of options! Ask family members who have children in the age group you want to address what they use! Ask the kids themselves! Be sure to consider any streaming or download charges that may apply.

<http://pami.emergency.med.jax.ufl.edu/>

