

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

## Toolbox Component Ideas

### Infant

1. Baby Rattle [https://www.amazon.com/Animal-Piece-Rattle-Teether-Bottle/dp/B00K30Y5BW/ref=sr\\_1\\_12?s=toys-and-games&ie=UTF8&qid=1487874477&sr=1-12&keywords=baby+rattle](https://www.amazon.com/Animal-Piece-Rattle-Teether-Bottle/dp/B00K30Y5BW/ref=sr_1_12?s=toys-and-games&ie=UTF8&qid=1487874477&sr=1-12&keywords=baby+rattle)
2. Classic Teethers
3. Musical Toys (Rainmaker, Shaker)
4. Pacifier
5. Sucrose solution (Sweet ease, Tootsweet)

### Toddler

6. Tangle Relax Therapy [https://www.amazon.com/Set-Tangle-Jr-Original-Fidget/dp/B0034EKP8Q/ref=sr\\_1\\_2?s=toys-and-games&ie=UTF8&qid=1487874450&sr=1-2&keywords=Tangle+Relax+Therapy](https://www.amazon.com/Set-Tangle-Jr-Original-Fidget/dp/B0034EKP8Q/ref=sr_1_2?s=toys-and-games&ie=UTF8&qid=1487874450&sr=1-2&keywords=Tangle+Relax+Therapy)
7. Rubik's Cubes
8. DistrACTION Cards [https://www.amazon.com/DistrACTION-Cards-Monkeys-injections-injuries/dp/B0075749Y4/ref=sr\\_1\\_1?s=toys-and-games&ie=UTF8&qid=1487874433&sr=1-1&keywords=DistrACTION+Cards](https://www.amazon.com/DistrACTION-Cards-Monkeys-injections-injuries/dp/B0075749Y4/ref=sr_1_1?s=toys-and-games&ie=UTF8&qid=1487874433&sr=1-1&keywords=DistrACTION+Cards)
9. Bubbles



### Pre-School

10. I Spy Glitter Wand w/activity card <https://www.amazon.com/Briarpatch-I-Spy-Wonder-Tube/dp/B006D33U64>
11. Wikki-Stix <https://www.wikkistix.com/>
12. Pinwheels



### Grade School

13. Peaceful Piggy Meditation (Albert Whitman Prairie Books)
  - a. By Kerry Lee MacLean
14. Imaginations 2: Relaxation Stories and Guided Imagery for Kids (Volume 2)
  - a. By Carolyn Clarke
15. Coloring Book
16. Playskool Crayons
17. Madlibs

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**All Ages**



- 18. Oball Shaker [https://www.amazon.com/Kids-II-811-07-Oball-Shaker/dp/B008J1QP7Y/ref=sr\\_1\\_1\\_a\\_it?ie=UTF8&qid=1487874310&sr=8-1&keywords=oball+shaker](https://www.amazon.com/Kids-II-811-07-Oball-Shaker/dp/B008J1QP7Y/ref=sr_1_1_a_it?ie=UTF8&qid=1487874310&sr=8-1&keywords=oball+shaker)
- 19. Liquid Motion Bubbler [https://www.amazon.com/Bubbler-Sensory-Children-Activity-Assorted/dp/B00ZY6JHU4/ref=sr\\_1\\_3?ie=UTF8&qid=1487874335&sr=8-3&keywords=Liquid+M](https://www.amazon.com/Bubbler-Sensory-Children-Activity-Assorted/dp/B00ZY6JHU4/ref=sr_1_3?ie=UTF8&qid=1487874335&sr=8-3&keywords=Liquid+M)
- 20. Glow Ball
- 21. Funny Face Glasses
- 22. Flashing Stick
- 23. Playing Cards
- 24. LED animal keychain [https://www.amazon.com/Emperor-Gadgets-Animal-Keychains-Effects/dp/B013UHJNB6/ref=sr\\_1\\_3?ie=UTF8 &qid=1487874107&sr=8-3&keywords=led+animal+keychain](https://www.amazon.com/Emperor-Gadgets-Animal-Keychains-Effects/dp/B013UHJNB6/ref=sr_1_3?ie=UTF8 &qid=1487874107&sr=8-3&keywords=led+animal+keychain)
- 25. Stress Ball <http://www.horizonpromotional.com/>
- 26. Ice pack <http://www.horizonpromotional.com/>
- 27. Mobile Device (iPad or other tablet)



**Tool bag:**

[http://www.vistaprint.com/promo/product/diamond-drawstring-cinch-backpack/PV-11Y1QKKY738W.aspx?xnav=cbs\\_catalog\\_pop\\_cta](http://www.vistaprint.com/promo/product/diamond-drawstring-cinch-backpack/PV-11Y1QKKY738W.aspx?xnav=cbs_catalog_pop_cta)

Diamond Drawstring Cinch Backpack

