

Introduce the Wong-Baker FACES Pain Rating Scale.

During a quiet and distraction free time, snuggle next to your child and tell him that you would like to talk with him about something important.

(If your child uses a speech generating device, import the FACES Pain Rating Scale and navigate to the pain scale page. Someday I hope to see all speech generating devices shipped from the manufacturer with the Wong-Baker FACES Pain Rating Scale but until that happens, you will have to provide this for your child.)

Explain that each face is for a person who feels happy because he has no hurt or sad because he has some or a lot of hurt. If your child uses a different word, like ouchie or boo boo, use the words your child uses.

Point to each face and say:

Face 0 is very happy because he doesn't hurt at all.

(If there is a speech generating device, encourage your child to speak the message – using a .wav file or recording so the voice output accurately supports the visual face cue.)

Face 1 hurts just a little bit.

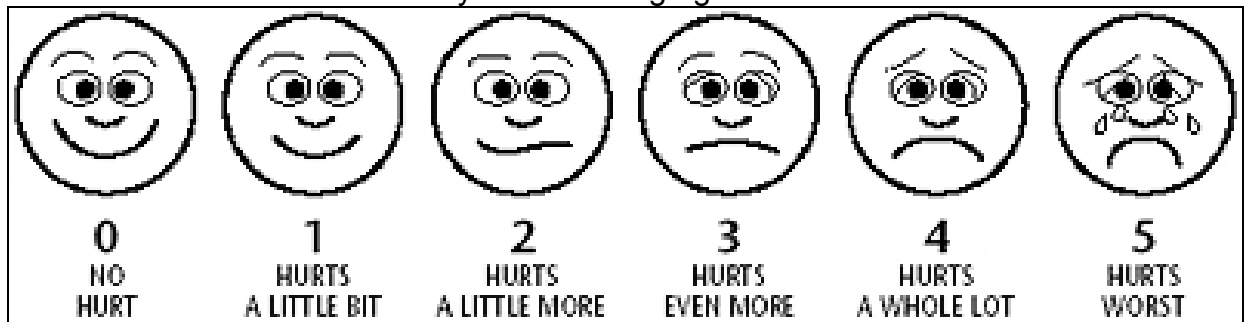
Face 2 hurts a little more.

Face 3 hurts even more.

Face 4 hurts a whole lot.

Face 5 hurts as much as you can imagine, but you don't have to cry to feel this bad.

Which face best describes how you are feeling right now.



Model appropriate use – if you have a headache – tell your child, “I have a headache. My head hurts a little bit”. Keep copies of the FACES pain scale in each room of the home, in the car and other relevant environments. Your child must have quick access to the FACES pain scale at all times. If Dad stubs his toe and is hopping around spewing colorful words, model appropriate use. Use it while reading a story when a character is experiencing pain. Your child needs multiple opportunities to use and to see the FACES Pain Rating Scale in use. Do not wait until a medical crisis arises. Start today.

Wong-Baker FACES Pain Rating Scale

Pam Harris/USING AAC AS A FAMILY