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Nota di contenuto	Cover; Managing Your Child's Chronic Pain; Copyright; Dedication; Contents; Preface; Acknowledgments; Introduction; One How Pain Affects Children and Families; Two Getting Help and Setting Goals; Three Relaxation Methods for Children and Teenagers; Four Praise, Attention, and Reward Systems; Five Lifestyle Factors; Six Sleep Interventions; Seven School and Social Life; Eight Coping with Pain, Stress, and Other Problems; Nine Special Topics by Age and Developmental Level: Issues for Young Children and Older Adolescents; Ten Reflection, Maintenance, and Prevention; Appendices Appendix A Instructions for Progressive Muscle Relaxation (for Young Children, Ages 5-9) Appendix B Instructions for Progressive Muscle Relaxation (for Older Children, over Age 10); Appendix C Instructions for Muscle Relaxation with Imagery; Appendix D Instructions for Mini-Relaxation; Appendix E Point System Worksheet; Appendix F Privilege System Worksheet; Appendix G Brainstorming Solutions Worksheet; Resources and Bibliography; Index

## Sommario/riassunto

""Madeline is a 15-year-old girl with abdominal pain and headaches that occur most days of the week. Because of her pain, she has missed 99 days of school this year and is no longer able to play volleyball. Her parents have taken her to see a number of specialists and she has tried many different medications but she has not experienced any improvement in her pain..."" Chronic pain is a significant health problem for many children and adolescents, with studies suggesting that as many as 40% of children suffer from chronic pain. Unfortunately, many families cannot get the help they need because

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