



There are many ways to use the Pain/Bumpy bone Tracker. You can have your child name their bumps funny/silly names. When one of their bumps hurts, have them give these bumps names and write this on the side of the tracker. Kids love to make up silly names for things. You can draw lines from the picture of the skeleton to the lines on the side as well. Use a different color markers also helps for each part of the body that hurts or where the bumps are located. Also write words that describe the pain your child is feeling. Write the number that represents the pain, from a scale of 0-10. 0 meaning you are in NO pain and 10 being the worst. Note the date, time and any medication given. Kids also need at times to be able to express how they are feeling; you can also sit with your child and fill this out together. Make two copies and take both to your next medical appointment, this way you and the doctor can look at them together and each have a copy.

Aching	Penetrating	Spreading	Nagging	Sore	Hot / Cold Warm
Gnawing	Stinging	Burning	Intermittent	Continuous	Pin and Needles
Deep	Sickening	Unbearable	On and Off	Traveling	Just Not comfortable
Stabbing	Lonely	Miserable	Shooting	Squeezing	Never goes away
Pinching	Tiring	Throbbing	Tender	Pounding	
Exhausting	Numb	Horrible	Biting	Sharp	