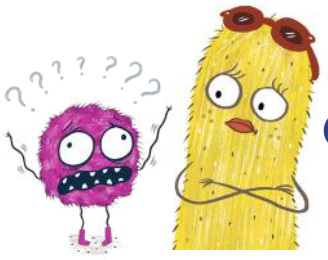
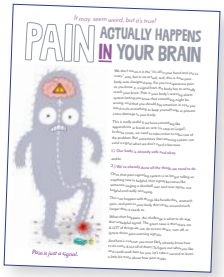
The Meg Foundation is a nonprofit dedicated to **empowering kids and families** to navigate **pain and medical anxiety** with confidence.

HOW CAN WE HELP YOU?

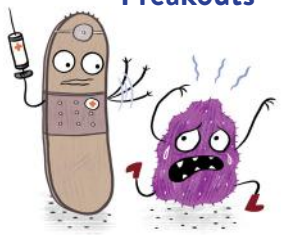


vs



We make it easy to **understand how pain works** and the many things you can do to help everyone feel more **comfortable** and **in control**.

Freakouts

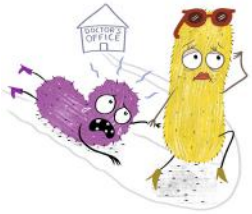


vs

Action Plans

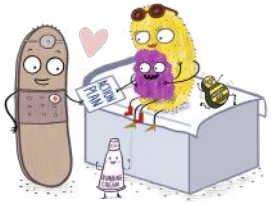
We've created a **unique set of tools** that **empower kids, families, and providers** to turn information into action and prevent unnecessary suffering.

Overwhelmed



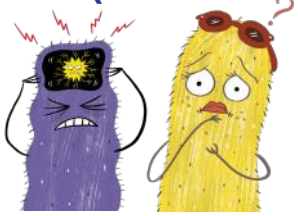
vs

Coming in prepared



Everything goes better with a **good game plan** and little prep! Our resources give you the **skills and strategies** to make sure you and your kids are getting the best care and having a **positive, empowering healthcare experience**.

Questions



vs

Answers

Our resources are **FREE**, easy to access, and ready whenever you need them. They include practical tools and step-by-step guidance for everything from **headaches** and **belly pain** to **injuries**, **medical procedures**, and **needle pokes**.

Scary

vs

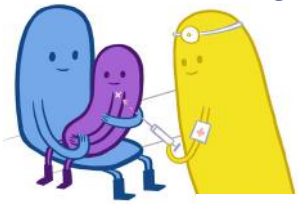
Inspiring

Kids shouldn't have to be **afraid** of going to the doctor: We want them to see providers as the **heroes they are**! Our tools make it easier to have **more comfort** and **better communication** with your medical team.

"Winging it"

vs

Comfort Positioning



The research is clear that kids **shouldn't be held down for medical procedures**. Our tools help turn **science into action**, **preventing trauma** and makes things easier for everyone.

Baggage

vs

Breaking a pattern

We believe in the power of **stopping a problem before it starts**. Our tools help empower families to prevent medical trauma and **break the cycle** of medical anxiety.

For more info & FREE resources:

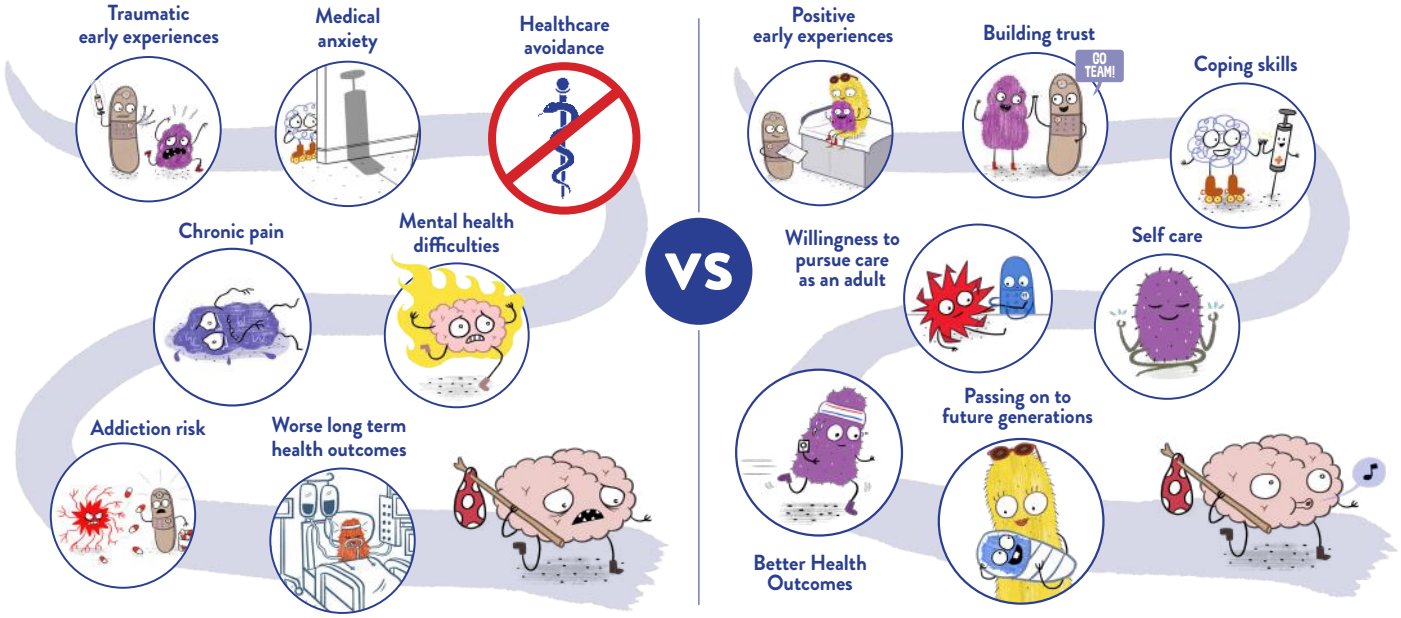
Meg Foundation

EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN

megfoundationforpain.org

The research is clear:

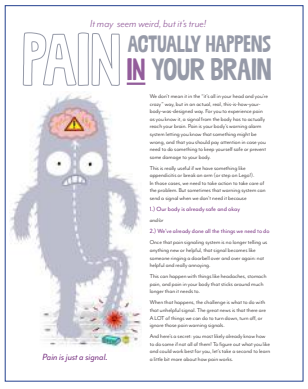
PAIN MATTERS.



From vaccines and blood tests to injuries, surgeries, and chronic pain, **how we handle kids' early pain experiences has a huge impact both in the moment and in the future.** It's not just about preventing the immediate suffering: it's about **setting kids up for a lifetime of better health**.

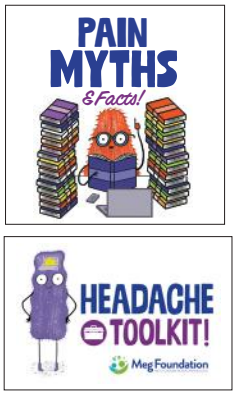
That's why **The Meg Foundation** exists. We give kids, families, and care teams **FREE**, research-backed tools to ease pain, reduce medical anxiety, and create better healthcare experiences. Our goal is simple: **empower you to create comfort, build confidence, and prevent unnecessary suffering**. Because we all do better when we feel powerful and in control.

FREE Guides & Resources made for YOU!



Understanding Pain Guide

Digital Tech Tools



Books & Toolkits

Action Plans

Comfort Guides

and so much more available here:

Meg Foundation
megfoundationforpain.org