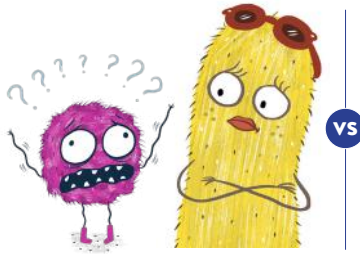
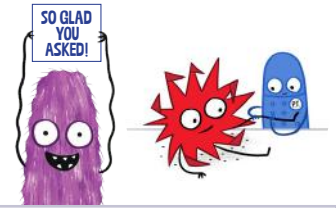


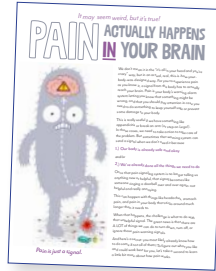


The Meg Foundation is a nonprofit dedicated to **empowering kids and families** to navigate **pain and medical anxiety** with confidence.

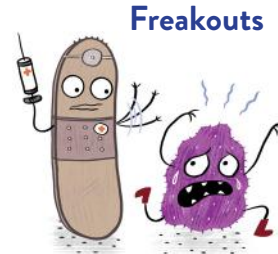
# HOW CAN WE HELP YOU?



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.



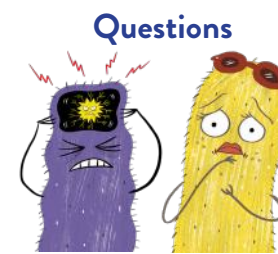
## Overwhelmed

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



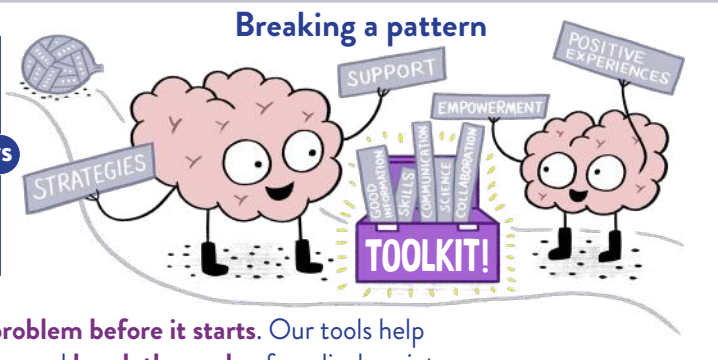
## Comfort Positioning

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.



**Meg Foundation**  
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN

For more info & **FREE** resources:

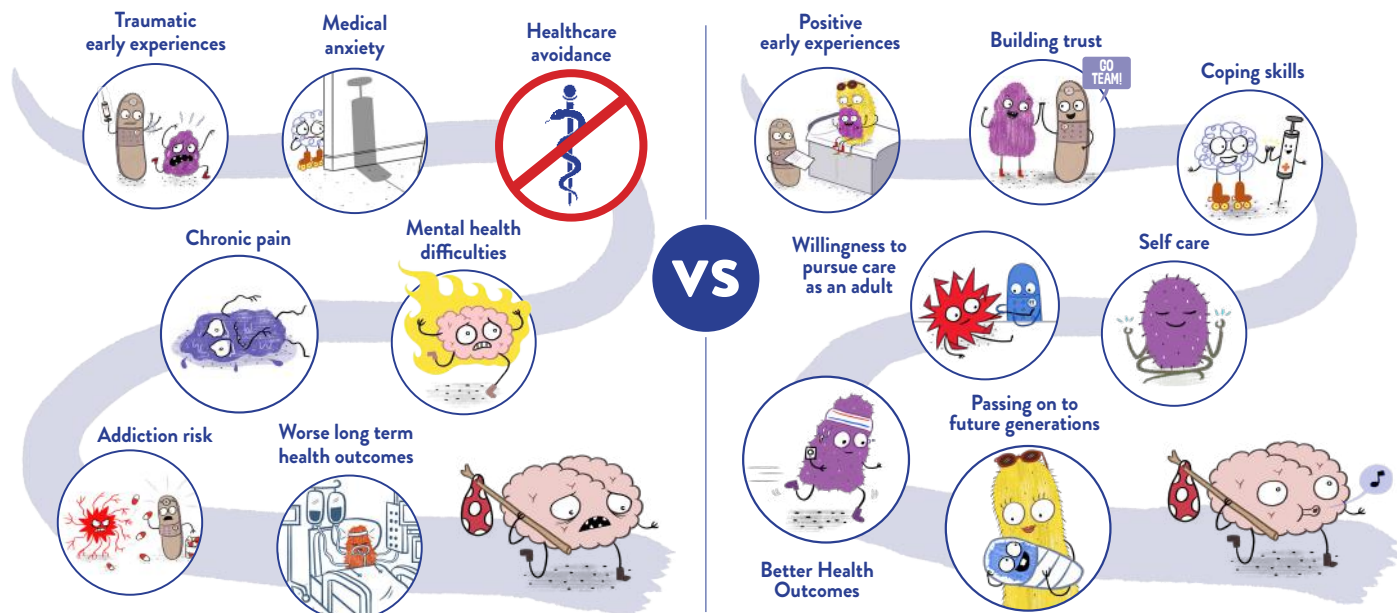


megfoundationforpain.org



The research is clear:

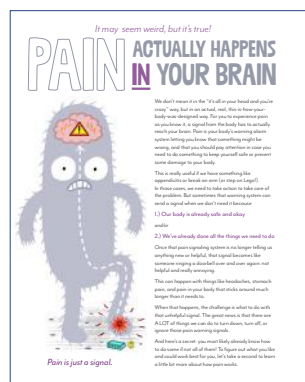
# PAIN MATTERS.



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.

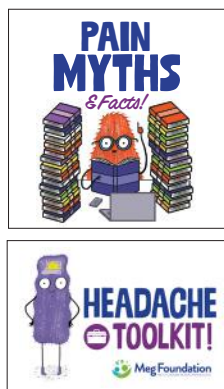
## FREE Guides & Resources made for YOU!



Understanding Pain Guide



Digital Tech Tools



Books & Toolkits



Action Plans



Comfort Guides

and so much more available here: ➔



**Meg Foundation**  
megfoundationforpain.org

