

Helpful tips for managing polyarticular juvenile idiopathic arthritis (pJIA)

There are several steps to take that can help you manage your child's chronic condition. Work with your child's rheumatologist to ensure these steps are right for your child.



Diet & exercise

- **Avoid** foods that may cause inflammation such as red meat and foods with added sugar or added salt
- **Encourage** your child to participate in physical activities with their doctor's permission



Hot and cold remedies

Using hot and cold treatments can help when your child is feeling stiff or sore.

- **Use** hot and cold treatments such as a cold pack or warm baths. Heat helps soothe stiff joints, and cold is best for swollen joints or acute pain
- **Apply** topical creams, gels, or patches to help ease joint and muscle pain



Share with others

- **Allow** your child to talk about any frustration they are feeling related to their condition
- **Consider** sharing this information with nannies, babysitters, teachers, coaches, and other caregivers who should know about their condition
- **Include** your child in these discussions, if appropriate. Let them explain their condition in their own way if they feel comfortable doing so