



## Resources Available to You

- Tour of the hospital and the place of procedure. This can help you get to know the space you will be in.
- Videos and slideshows about your child's procedure and stay.
- Medical play. This can help your child better understand what will be happening. It gives them the chance to familiarize themselves with the equipment and reduces fears.
- Talk with another child or family. This can give you and your child the opportunity to talk to another child who has undergone the same or a similar procedure and experience.

To contact a Child Life Specialist you can call (\*\*\*) \*\*\*-\*\*\*  
Or email at \*\*\*\*\*@\*\*\*\*\*.org

# Informing and Preparing Your Child

## Infants

Preparation for your baby is primarily focused on you. Babies can read their parents emotions so as long as you are prepared, the baby will be too.

- Stay calm
- Bring along a special or comforting toy
- Write down any preferences for consoling and soothing your child
- Bring familiar sounds from home (CDs, music box, videos)
- Ask to stay with your child when possible

## Toddlers and Preschoolers

Toddlers and Preschoolers focus on what is happening in the moment so preparing your child 1-3 days before the procedure is best.

- Introduce the subject at home.
- Minimize details and focus on accomplishment.
- Stay calm and use the same language as when at home.
- Use Medical Play to act out and experience the procedure in an active way.
- Bring along a favorite toy.
- Take advantage of a tour or videotapes available.

## School-Aged Children

School-age children tend to be more logic focused and think of things in concrete ways. Discuss the procedure together and create ways of coping and preparation. Listen to learn of and fears or misunderstandings.

- Look at pictures for a clear understanding.
- Take advantage of a tour or videotapes and other resources available.
- Ask to be roomed with or talk to a child of the same age undergoing a similar procedure.
- Bring along favorite game, book, movie, etc.
- Stay calm and address the situation in a low-key manner.

It is important for children at this age to be able to make their own choices. Make sure that your child has opportunities to express freedom and independence.

## Adolescents

Adolescents will need much more time to ask questions, understand and cope with a procedure. Discuss the procedure with your child and talk about ways to cope and better prepare.

- Take advantage of a tour or videotapes and other resources available.
- Ask to be roomed with or talk to a child of the same age undergoing a similar procedure.
- Listen to your teen's fears and feelings.

At this age, it is important that adolescents keep their sense of independence in the hospital setting. Give them as many chances to exercise control and be in charge of their body.