



**California Pacific
Medical Center**

A Sutter Health Affiliate
With You. For Life.



Dear Caregiver:

The entire pediatric staff at California Pacific's Women and Children's Center would like to welcome you and your family to our facility. The Women and Children's Center along with Medical Memories is presenting this book to your child as an introduction to these new surroundings.

As your child is admitted to the Women and Children's Center, he/she is entering into a new and confusing environment. Your child, whether a preschooler or preteen, is also experiencing a variety of emotions at this time. This hospital scrapbook will invite you to explore your new surroundings and encourage discussions between you and your child.

We hope through this interactive scrapbook you will establish a positive, healthy attitude toward hospitalization and medical care.

It is important to be honest when talking to your child. Children react to the hospital in a variety of ways. By completing the activities in this book, your child will become more familiar with the hospital experience. It also offers an opportunity for your child to express himself/herself.

The pictures, activities and medical information will give your child the opportunity to create his/her own storybook about being in the hospital. Pages have been left open for inserting pictures and writing down names of staff with whom you will interact. The back pocket is designed for saving your get well cards.

As a parent, you play a very important role in your child's recovery. We encourage you to take the time to walk through this book with your child. Your support will help your child share feelings of happiness, fear or anger while in the hospital. Recognize that children react in varied ways and you can assist your child in coping by using a sensitive, honest approach.

Please use this scrapbook in both a fun and informative manner.

Your Child Life staff



C.S. MOTT CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

We welcome you to the University of Michigan C.S. Mott Children's Hospital. We are pleased to give you this scrapbook as a way to help you and your child understand and cope with the hospital experience.

We recognize that the hospital environment may be a new and confusing place for your child. Many children experience a wide variety of emotions and feelings while they are here. The activities in this scrapbook are designed to help your child explore this new environment and express what he or she is feeling.

C.S. Mott Children's Hospital is committed to the principles and practice of family-centered care. As your child's caregiver, you play a very important role in your child's hospital experience, and you are encouraged to participate in his or her care. One way to become active in your child's care is by working through this book together so that your child will become more familiar with the hospital. This book will also give your child an opportunity to express himself or herself and promote valuable discussions around fears, anger, or issues your child may be experiencing.

We hope this scrapbook becomes a valuable resource for you and your child. If at any time you have any questions about your child's hospitalization or this hospital scrapbook, please feel free to discuss your concerns with a child life specialist or any member of our medical team.

Sincerely,

Pediatric and Child Life Staff



These scrapbooks were made possible by the generous funding through Charlotte's Wings.

Charlotte's Wings is a tax exempt, non-profit organization founded in March 2008 that is dedicated to helping children and families throughout Michigan cope with the challenges of serious illness and health crises by donating new books.

To learn more about Charlotte's Wings follow us on:

Facebook or visit our website at www.charlottes-wings.com.

University of Michigan C.S. Mott Children's Hospital

1540 East Hospital Drive • Ann Arbor, MI 48109 • 734-946-4000 • www.mottchildren.org

Welcome!

The entire pediatric health care team at **Miller Children's & Women's Hospital Long Beach** would like to welcome you and your family. In order to help your child learn and adapt to their new surroundings, the **Miller Children's Hospital Long Beach Auxiliary** along with Medical Memories, is presenting **My Hospital Scrapbook®** as a introduction to our hospital.

Miller Children's & Women's Hospital understands that children need to be cared for differently than adults. As your child is admitted to Miller Children's & Women's Hospital, he/she is entering into a new and unfamiliar environment and is experiencing a variety of emotions. This hospital scrapbook will invite you to explore these new surroundings and encourage discussions between you, your child and your health care team. We hope through this interactive scrapbook your child will have a positive, healthy attitude toward hospitalization and medical care.

Patient and family centered care is a cornerstone of our commitment to quality care at Miller Children's. We want to partner with you in addressing the variety of emotions your child may experience. Everyone on the health care team is here to help you and your child along their journey. By completing the activities in this book, your child will become more familiar with the hospital experience and be able to express their feelings in a creative manner.

The unique aspect of this book is that each child is given the opportunity to create their own, individual story about being in the hospital. Pages have been left open for inserting pictures, writing down names of the health care team you will interact with and you can even save get well cards in the back pocket of the book.

As a parent, you play a very important role in your child's recovery. We encourage you to take the time to go through this book with your child. Your support will help your child share his/her feelings while in the hospital. We recognize that children react in varied ways and you can assist your child in coping by using a sensitive, honest approach. **Child Life Specialists** are on hand to help with this process. Feel free to call the Child Life Department at (562) 933-8060.

Please remember, this scrapbook can be used as both a fun and informative tool, but know that you can always feel free to ask the health care team if you have any questions.

Get Well Soon,

Child Life Department



Dear Caregiver:

We welcome you and your family to the Pediatric Unit. Children's Miracle Network, along with Medical Memories, presents this book to your child as an introduction to the hospital environment.

We recognize that the hospital may be a new and confusing journey. Many children experience a wide variety of emotions and feelings while they are here. The activities in this scrapbook are designed to help your child explore this new environment and express what he or she is feeling.

As your child's caregiver, you play a very important role in your child's hospital experience, and you are encouraged to participate in his or her care. One way to become active is by working through this book together so that your child will become more familiar with the hospital. This book will also give your child an opportunity to express themselves and promote valuable discussions around fears, anger, or issues your child may be experiencing.

The Child Life specialist is another great resource to help you through this challenging time. They can assist in your child's understanding about more specific injuries, illnesses, and medical treatments. They can also help make medical procedures and tests easier for your child, by using age appropriate teaching materials such as their medical play doll. The Child Life Specialist can even provide opportunities for your child to play while in the hospital.

We hope this scrapbook becomes a valuable tool for you and your family. If you have any questions about your child's hospitalization or this scrapbook, please feel free to express your concerns with our Child Life Specialist or any member of our medical team.

Thank you!

Your Child Life Specialist

These scrapbooks were made possible by generous funding through Children's Miracle Network. Children's Miracle Network in Amarillo serves the top twenty-six counties of the Texas Panhandle, four counties in New Mexico, three in Oklahoma and one in Kansas. All of the funds raised through the Amarillo Affiliate of Children's Miracle Network stays in the High Plains region and is disbursed throughout the service area through medical travel grants, family grants and other programs that benefit local children. The CMN Amarillo Affiliate mission is to promote and improve the quality of children's healthcare by improving and expanding the services rendered to pregnant women, infants and children in the High Plains area.

To learn more, please visit www.hcfamarillo.org





Children's Hospital Colorado

Dear Caregiver,

The entire staff here at Children's Hospital Colorado would like to welcome you and your family to our facility. We are here to help! We recognize that the hospital may be a stressful or unfamiliar environment for your child, and we want to make the experience as comfortable as possible. Along with our partners at Medical Memories and Spirit of Children, we present this scrapbook as a tool to help your child cope with this visit.

Children and teens can respond with a variety of feelings—happiness, fear, anger, confusion, sadness—while in the medical setting. The activities in this scrapbook are designed so that your child can become more familiar with the medical environment, express feelings, and share thoughts. We hope through use of this interactive scrapbook, you and your child can create a positive and healthy attitude toward medical care and your hospital experience.

You, as a caregiver, play a vital role in your child's recovery and wellbeing. We encourage you to take some time to walk through this scrapbook with your child and use it in both a fun and informative manner. This collaborative work can promote valuable discussions around your child's fears, difficult feelings, or stressors. Recognize that it is common for a child to react to the medical setting in a variety of ways, and you can help your child cope by using a sensitive, honest approach.

Child life specialists are available to help your child cope with the medical experience. Child life specialists can provide developmentally appropriate education related to an illness or injury, preparation for medical procedures, emotional support, and therapeutic play opportunities. Please let a staff member know if you would like to speak with a child life specialist or you can call the child life main line at 720-777-6979.

Thank You,

Your Child Life Team

We would like to thank the Spirit of Children for their donation of these scrapbooks.

Founded in 2006, Spirit of Children helps make hospitals less scary for kids and their families by providing fun during Halloween and funding all year long to Child Life Departments within children's hospitals. Every dollar donated goes directly to the hospitals. Local donations stay local.

Visit www.spirithalloween.com/spiritofchildren/ for more information.





We welcome you to the Surgery Department at Phoenix Children's Hospital (PCH). We are pleased to give you this scrapbook as a way to help you and your child understand and cope with the hospital experience.

We recognize that the hospital may be a new and confusing environment for your child. Many children experience a wide variety of emotions and feelings while they are here. The activities in this scrapbook are designed to help your child explore this new environment and express what he or she is feeling.

PCH is committed to the principles and practice of family-centered care. As your child's caregiver, you play a very important role in your child's hospital experience, and you are encouraged to participate in his or her care. One way to become active in your child's care is by working through this book together so that your child will become more familiar with the hospital. This book will also give your child an opportunity to express himself or herself and promote valuable discussions around fears, anger, or issues your child may be experiencing.

We hope this scrapbook becomes a valuable resource for you and your child. If at any time you have any questions about your child's hospitalization or this hospital scrapbook, please feel free to discuss your concerns with your nurse or any member of our medical team.

From your Perioperative Department Staff

These scrapbooks were made possible by a generous gift from The Ottosen Family Foundation.

Welcome to Rush!

The hospital can be a scary and stressful place, both for patients and families. Your child may feel scared, confused and anxious. The Child Life team at Rush Children's Hospital is here to help you and your child with the stress of hospitalization by providing understandable information, preparation for and support during procedures, and age-appropriate activities that encourage normalcy, coping and the expression of feelings.

This activity book is specifically designed to help your child adjust to being in the hospital.

Here are some common ways children may react to being in the hospital:

- Feeling that they are in the hospital because they did something wrong or were being "bad."
- Having trouble separating from caregivers, even for a short period of time.
- Misunderstanding medical procedures and other things they see or experience.
- Withdrawing or acting indifferent to those around him or her.

Working together with the Child Life team and other hospital staff, you can provide your child with the support he or she needs. Here are some ways you can help your child:

- Bring your child's favorite comfort items from home, such as a blanket, pillow, or stuffed animal. The Child Life team will also provide age-appropriate play materials and activities.
- As much as possible, maintain your child's normal routines and limits in behavior.
- Tell your child it is okay to be scared or angry. Encourage your child to talk about his or her feelings and to ask questions about upcoming experiences.
- Use simple explanations to prepare your child for procedures, upcoming pain, or times when he or she will be alone. The Child Life team will be happy to help you.
- Allow your child to make choices and participate in his or her own care whenever possible.
- Promote trust in the staff by working together with them as a team. It will help your child feel safer.

We are here to help you and your child. Please let us know how we may help make your child's time in the hospital as positive as possible.

The Child Life Specialist team at Rush Children's Hospital

We would like to thank the Elizabeth L. Joksimovic Foundation along with Medical Memories for support of these scrapbooks.



ELIZABETH L. JOKSIMOVIC
FOUNDATION

The Elizabeth L. Joksimovic Foundation has a progressive mission to advance and support excellence in health care and education, and to support women in the workforce.

Visit www.bethsfund.org for more information.

Rush Children's Hospital