

ALL ABOUT



GOING

TO

THE



HOSPITAL

as an inpatient

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

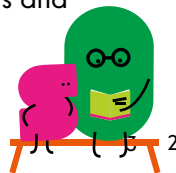
How to use this prep book with your child

This book has been designed to help your child understand what to expect from their hospital visit. Using a character's experience allows for a gentle introduction to the idea of visiting a hospital.

To get the most out of the book and support your child's understanding:

- **Follow the language and terminology** used in the book to help keep things consistent and reassuring.
- **Pause regularly** while reading to ask your child if they understand what's happening or if they have any questions.
- Encourage your child to **guess what might happen next** or what they think the characters will do. For example, what toys might the character play with whilst at the hospital?
- **Give your child the space and time to answer any questions** asked in the book, and explore any thoughts they want to share.
- Use the book as an opportunity to **open up a safe space for questions**, helping your child to begin to process the information. Remember it's ok if you don't know the answers to their questions – you can figure this out together with support from your hospital.

Following this, we would recommend **contacting your local hospital** to see if they have a Play Team. Play Specialists can offer extra guidance and help prepare your child in a way that's tailored to their needs and the environment of that setting.



Esbug has arrived at the hospital.
Today they came in the car with their grown up.



On the way to the hospital, they saw an ambulance with blue flashing lights. It was taking another child to see a doctor too.



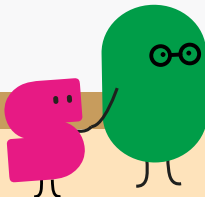
People can also travel to hospital on trains, buses and by taxi.



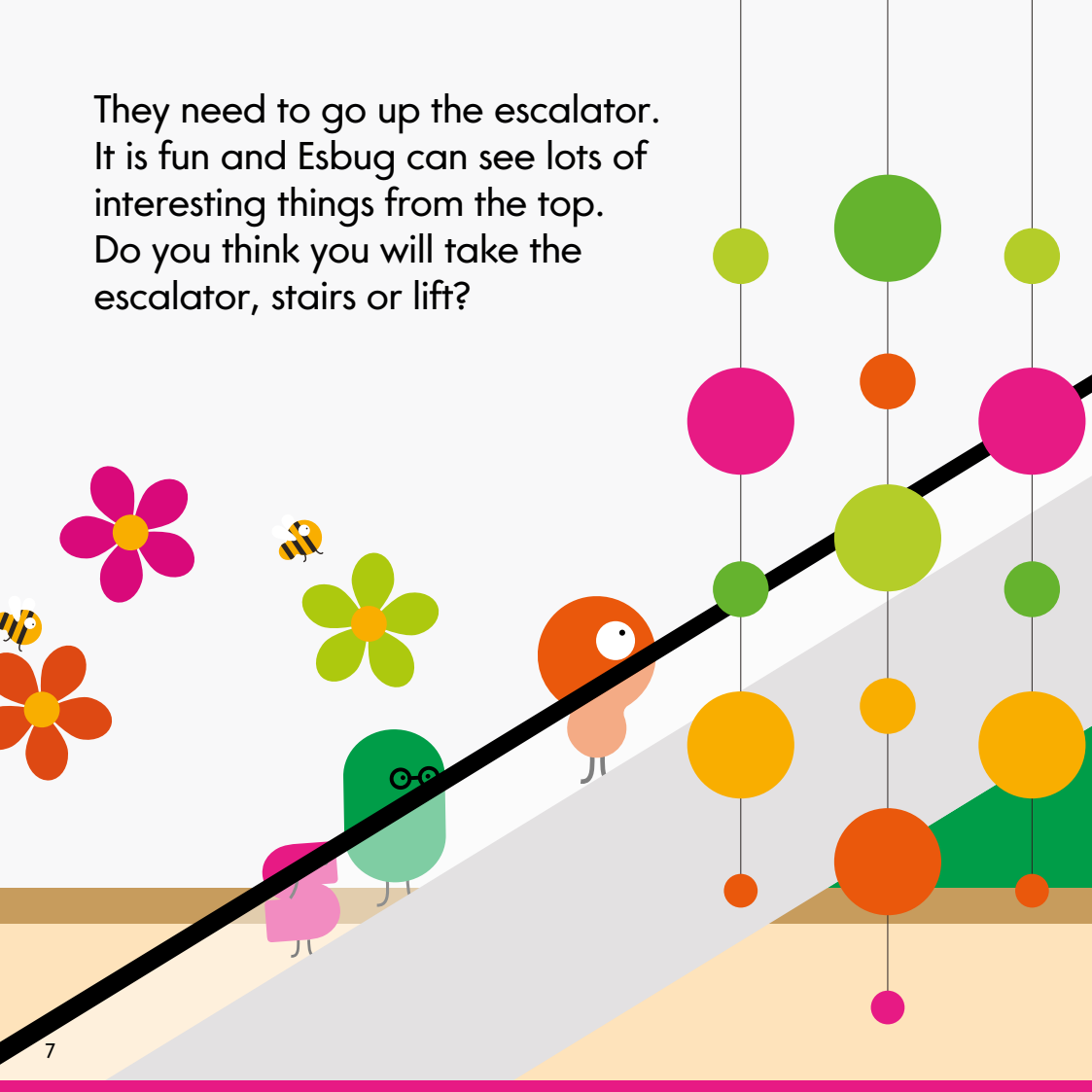
When Esbug arrives at the hospital they look at the signs to help them find where they need to go. There are also lots of friendly people who can help them to find their way.



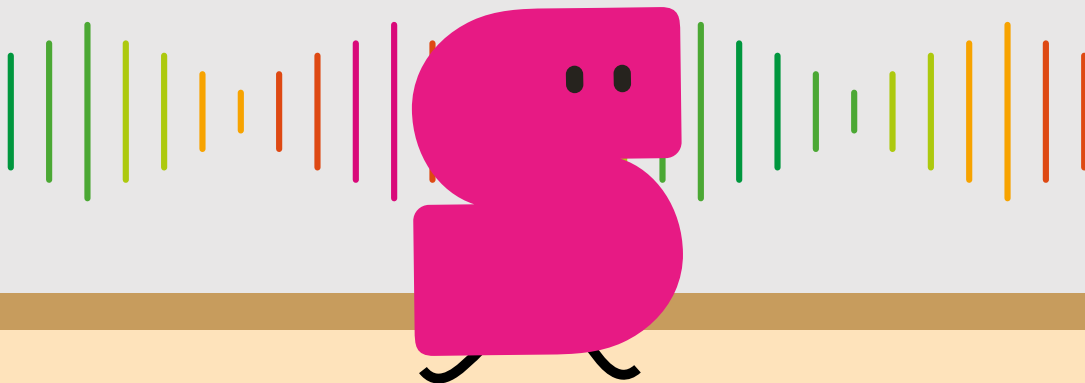
L3	GREENFINCH WARD
L2	SPARROW WARD
L2	BLUEBIRD WARD
L1	RADIOLOGY
L1	OUTPATIENTS
G	EMERGENCY DEPARTMENT



They need to go up the escalator.
It is fun and Esbug can see lots of
interesting things from the top.
Do you think you will take the
escalator, stairs or lift?



When in the hospital, Esgug can hear lots of different noises. They can hear the coffee machines from the café, people talking in the restaurant and a recorded message telling people important information about the hospital, like, 'remember to wash your hands.'



Esbug knows that there are lots of people that work at the hospital, who all have different jobs. They are all very important. Esbug would love to know how many of these jobs you know about.

**health care
assistant**



**occupational
therapist**

nurse

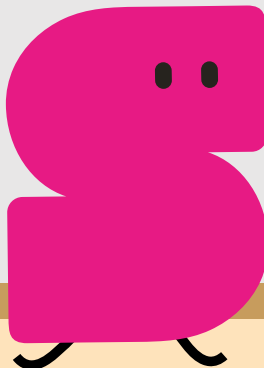
doctor

receptionist

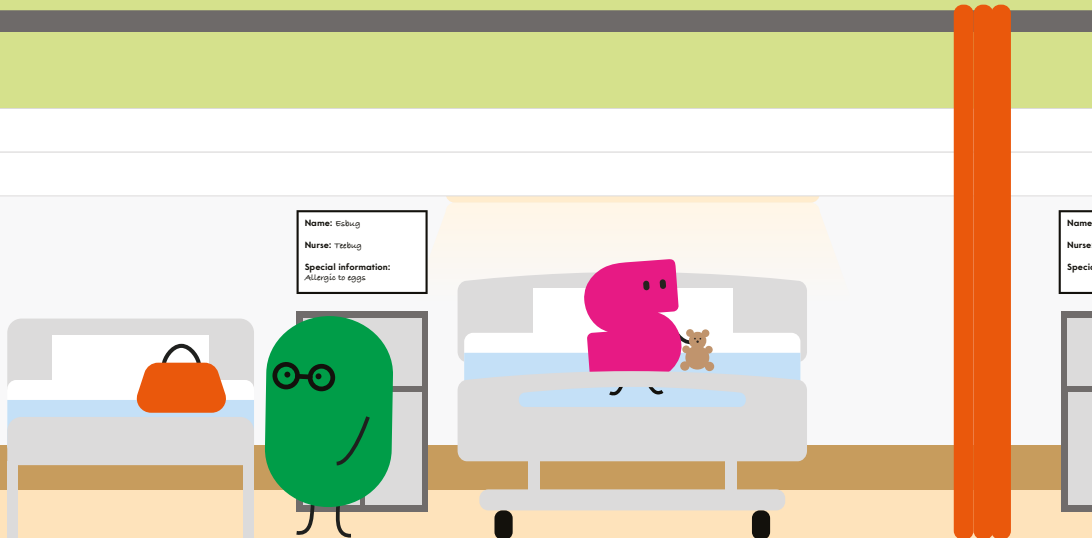
cleaner

play team

physiotherapist



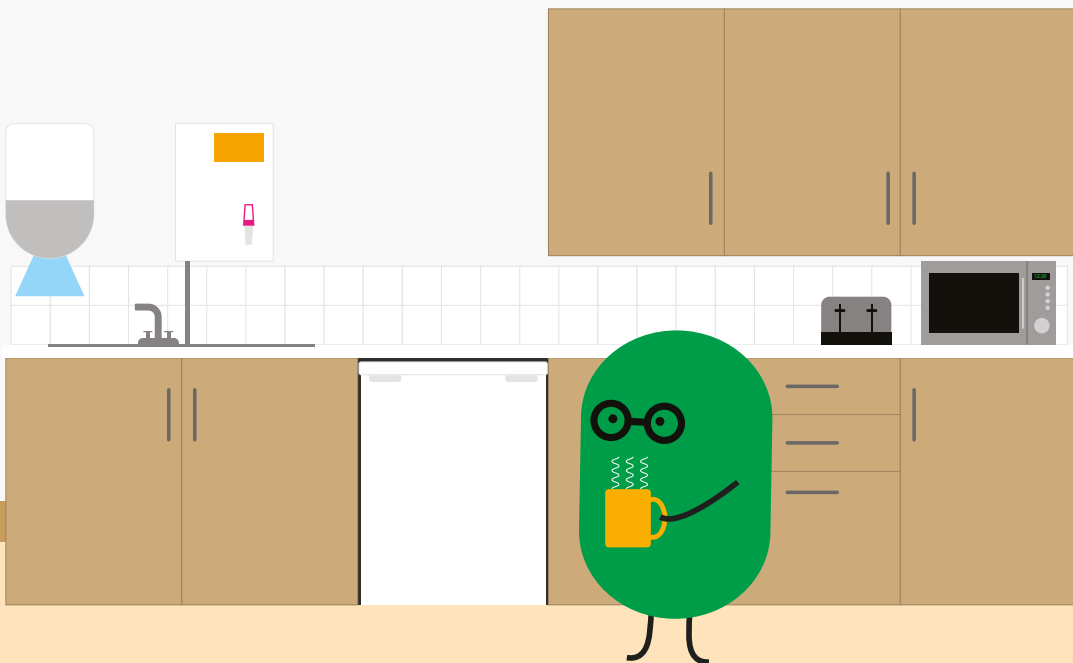
Esubug needs to sleep over at the hospital in a children's ward. They have their own bed and a place to keep all their things that they have brought from home. Esubug's grown up will stay with them too. They will have a bed of their own as well.



Esbug has a look around the ward. The ward area has a play room and lots of toys to play with. Some of the toys are like Esbug has at home. This makes them feel happy and safe.



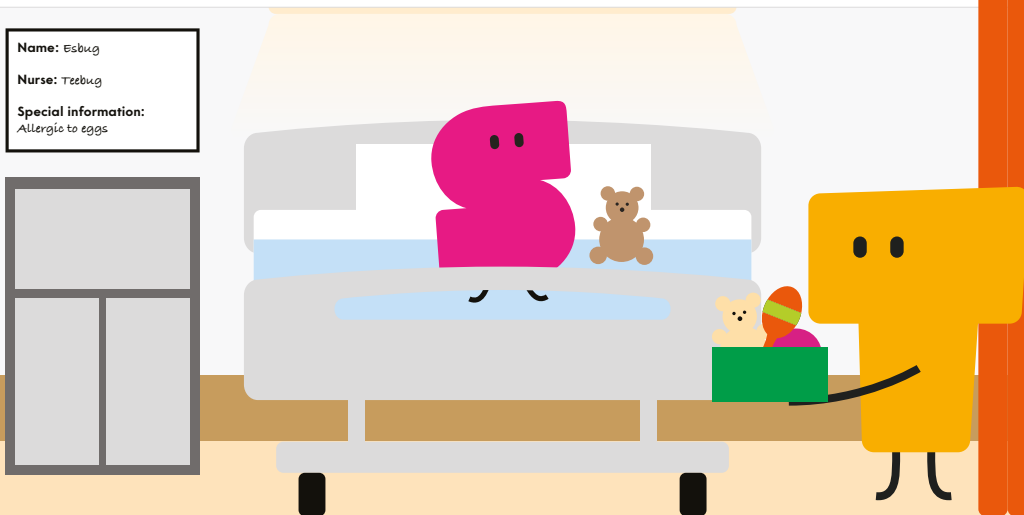
There is also a room for the grown ups to go to make drinks and food.



Everyone on the ward is happy to help and they want to make Esibug feel welcome and relaxed. There are people who bring the food, staff that make the space nice and clean and lots of staff to help all the children to get the medicine they need.



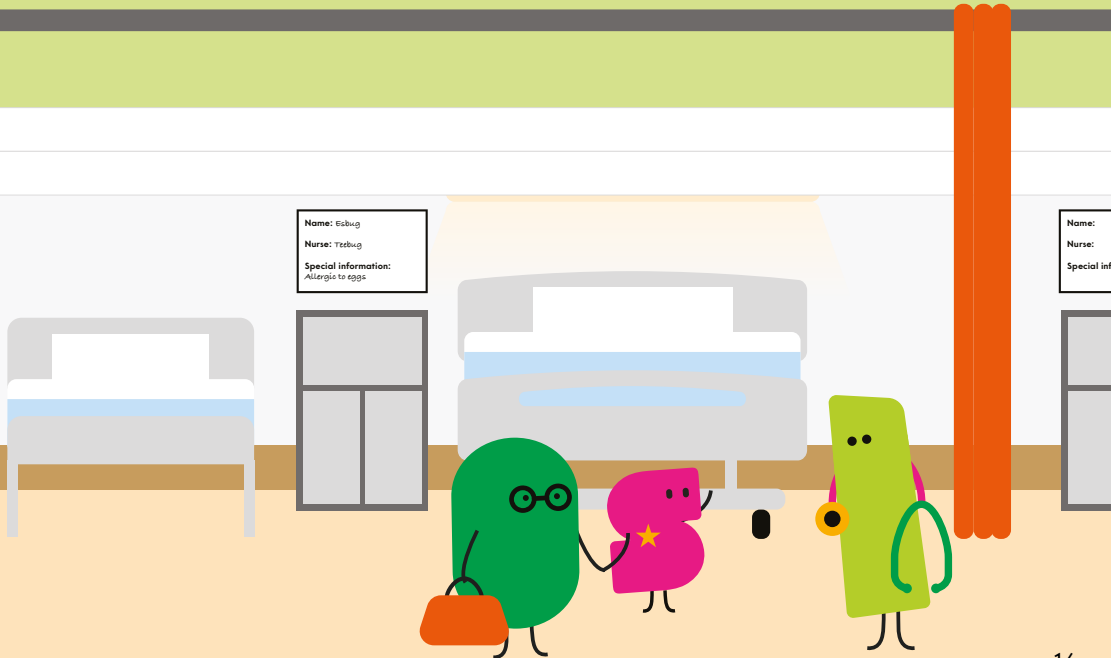
Some wards also have play staff. Their job is to help Esgug to understand what is happening, answer their questions and help them to feel safe, as well as having lots of fun together!



At night Esgug is able to watch tv and read a book. The nurse comes to check on Esgug during the night. Sometimes this wakes Esgug up, but sometimes the nurse is so quiet that Esgug stays asleep.



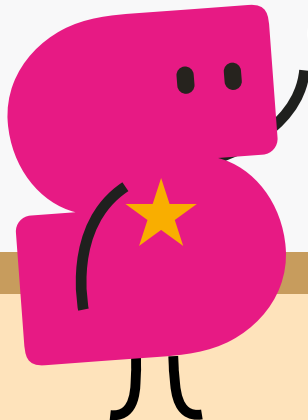
Esbug has had all the care they need and is ready to go home. Esbug is proud to have done so well at their hospital stay and can't wait to tell their friends all about it.



Let's help Esmug remember what they saw.
Can you name:

- How they arrived at the hospital
- Something they saw
- Something they heard
- Two staff they talked about

Esmug says well done for doing such great
listening to this story.





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