



TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

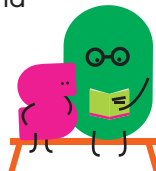
How to use this prep book with your child

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.

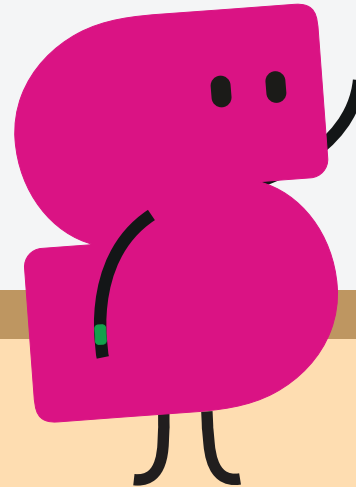


Let's help Ebug remember what they saw.

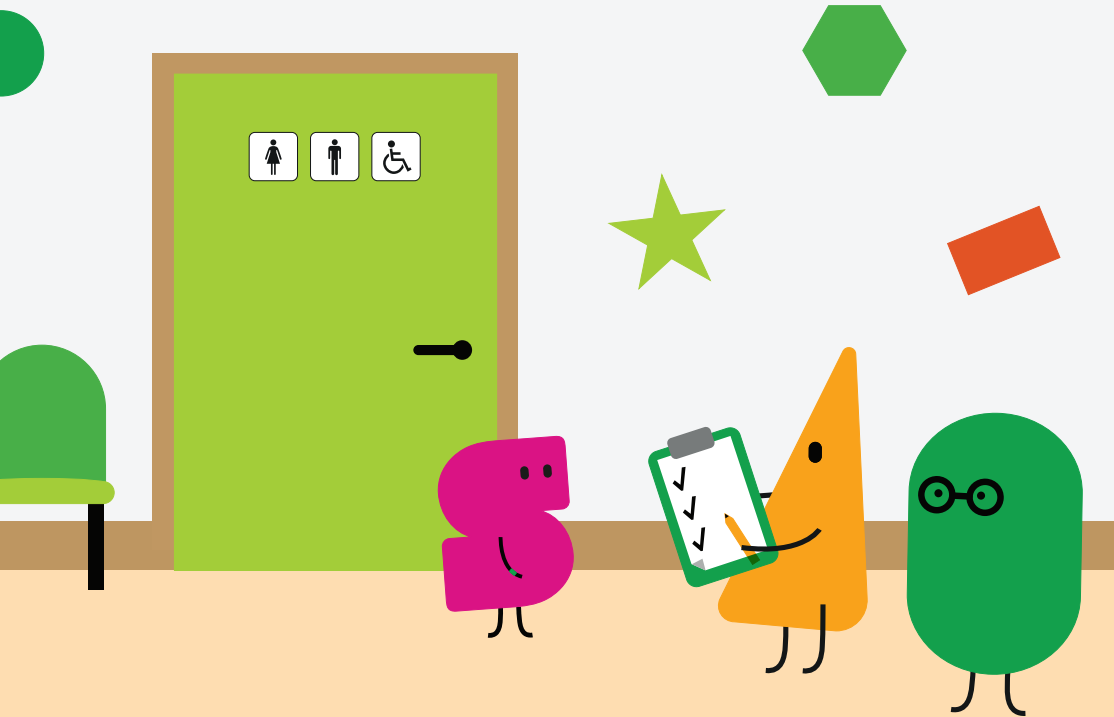
Can you name:

- Something they saw
- Two staff they met

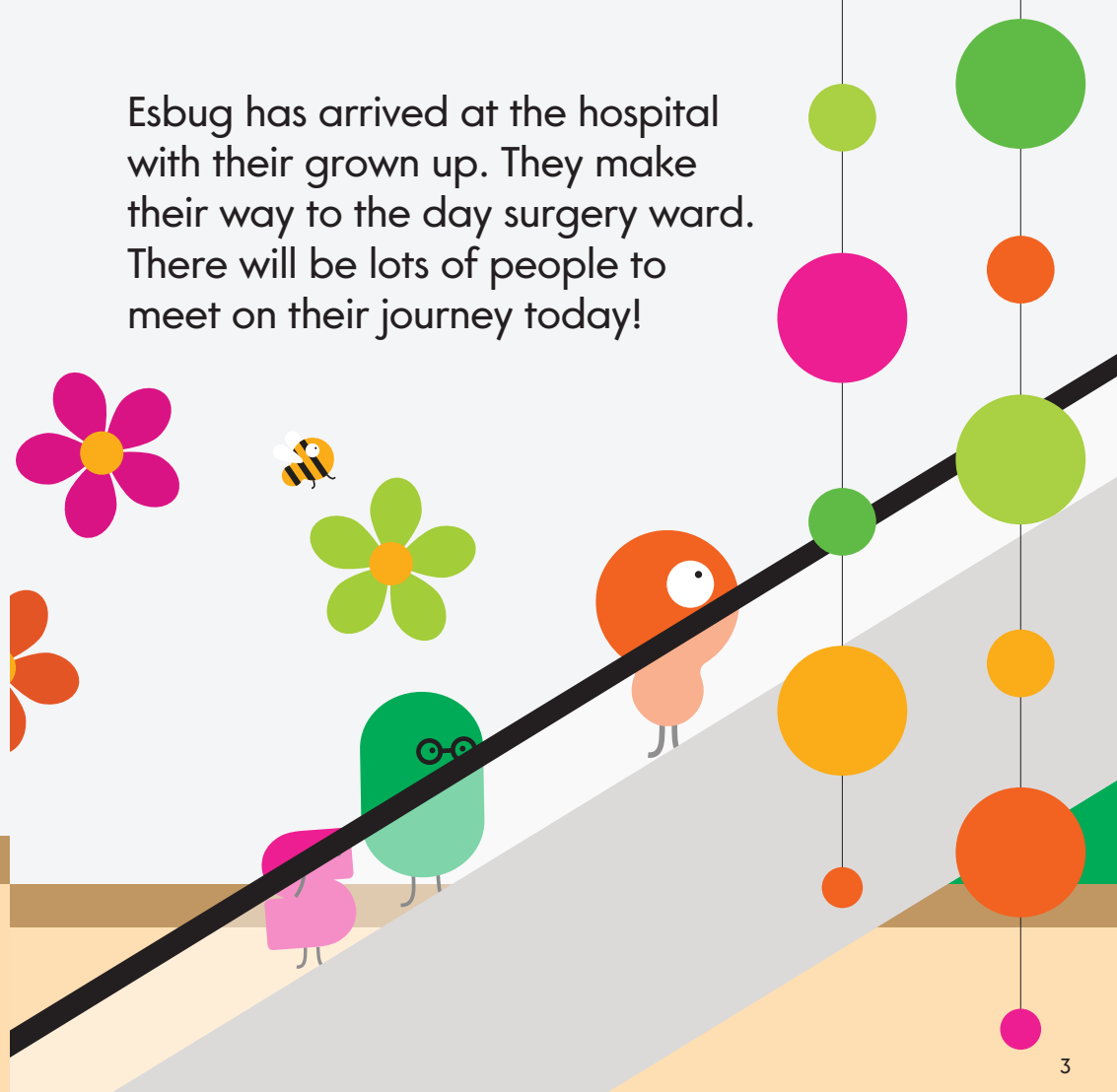
What number was Ebug trying to count to before they fell asleep?



After Esgug has been to the toilet and had some food and drink, the nurse removes the bendy straw and Esgug is allowed to go home. Well done Esgug!



Esgug has arrived at the hospital with their grown up. They make their way to the day surgery ward. There will be lots of people to meet on their journey today!

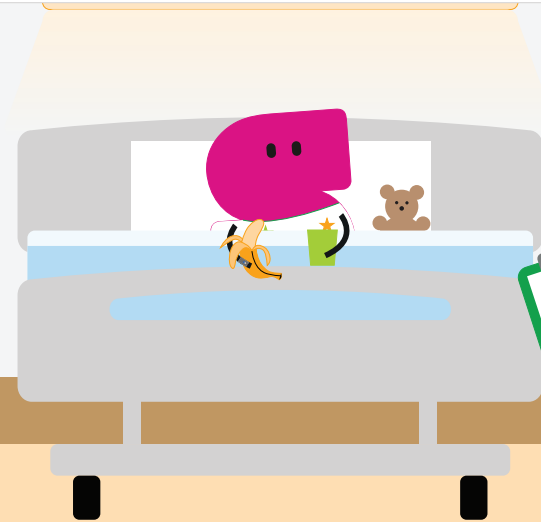
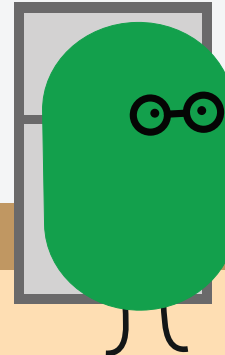


Esbug was not allowed to eat before their visit.

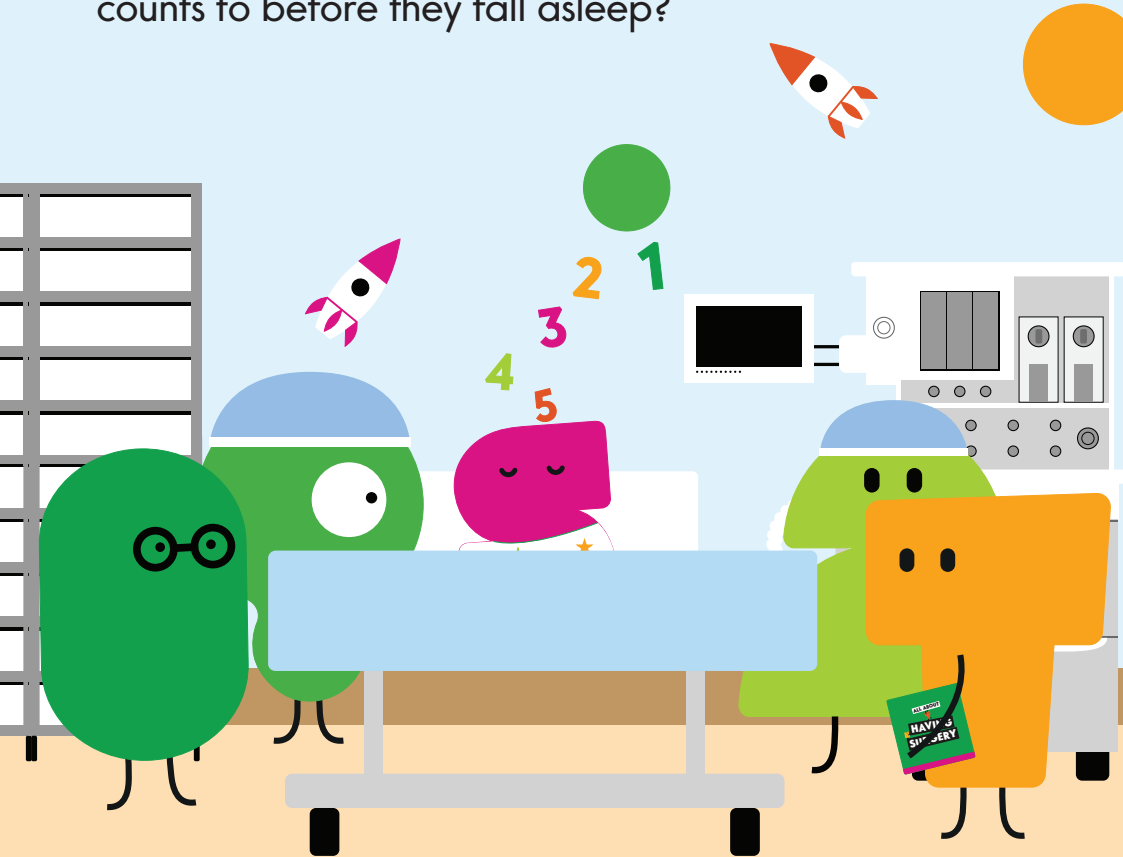


When Esbug wakes up, they see the friendly nurse and their grown up. They go back to the ward where they can have some food and drink – yay! Esbug plays some more on the ward.

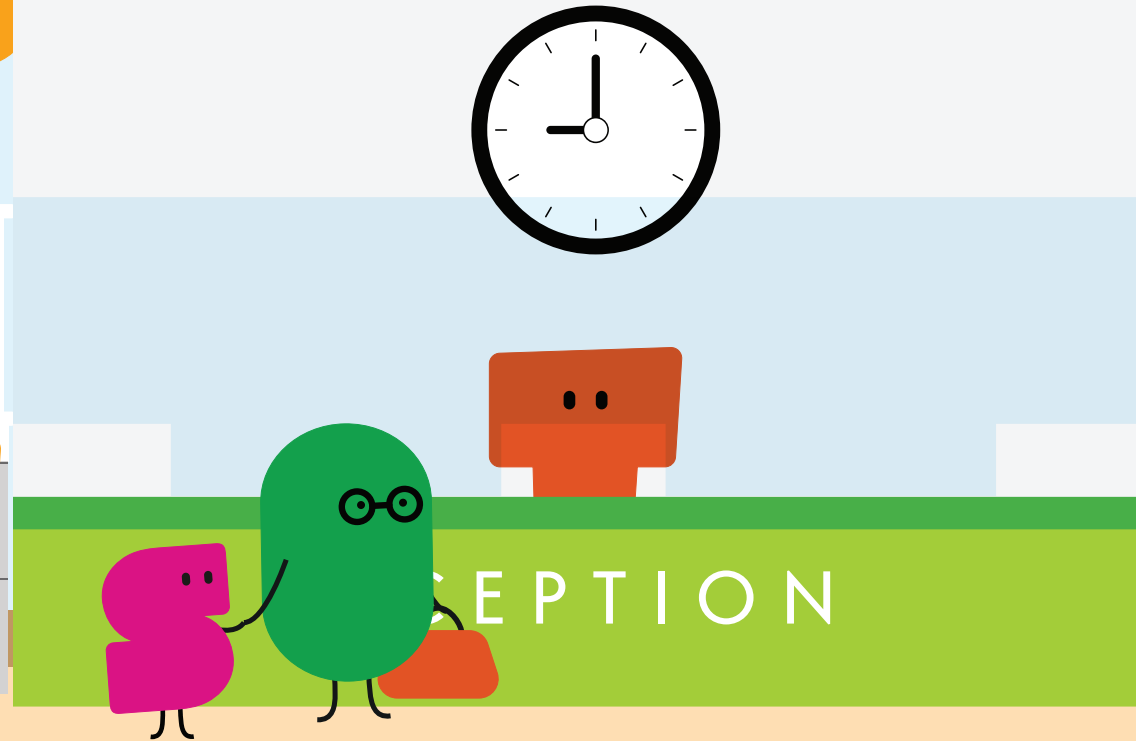
Name: Esbug
Nurse: Elbug
Special information:
Allergic to eggs



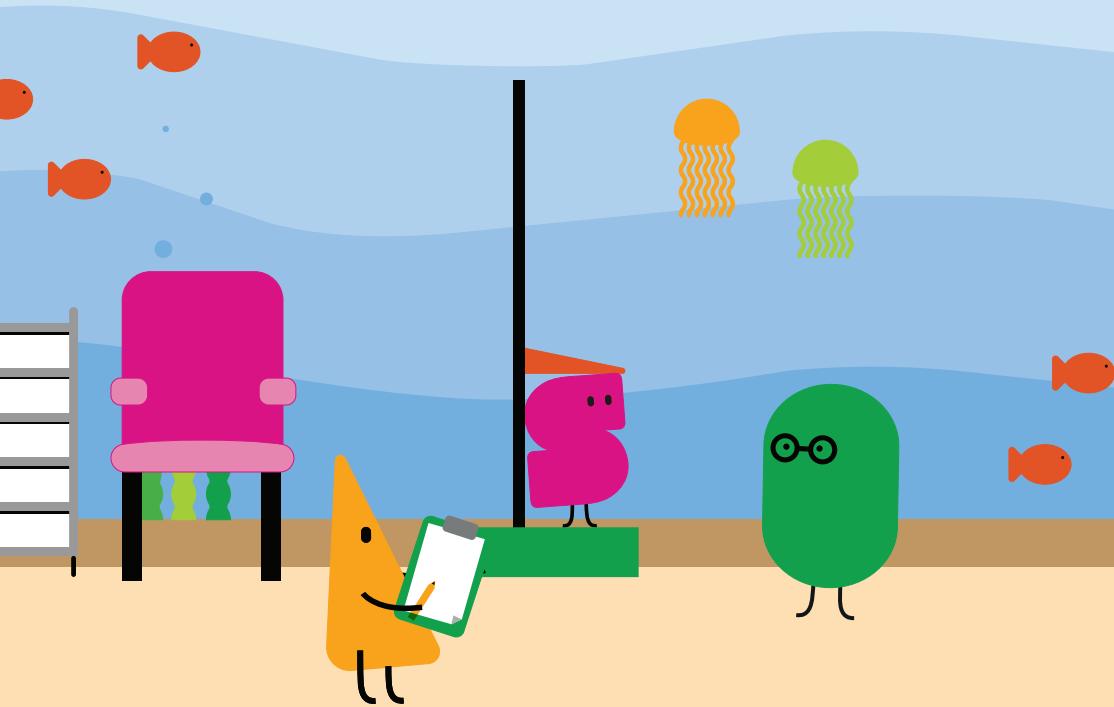
After Ebug has their medicine, it's fun to try to count to 10. What number do you think Ebug counts to before they fall asleep?



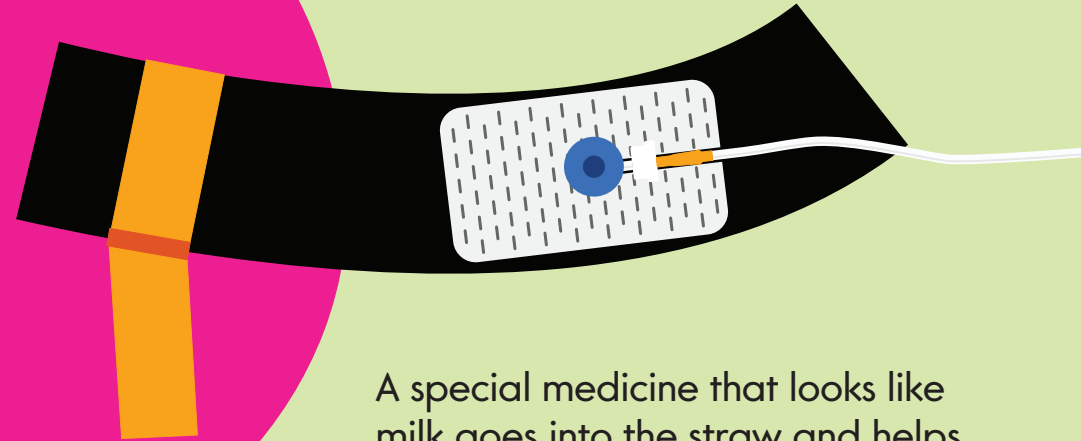
When they arrive at the ward, Ebug sees a receptionist to check in.



Esbug then waits to see the nurse, who checks their height, weight, temperature and blood pressure.



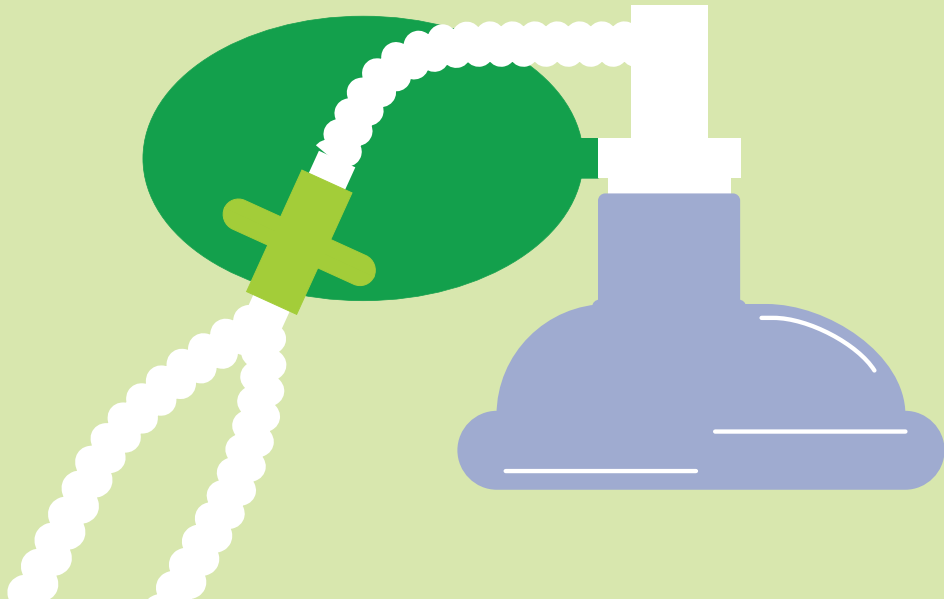
2. With a bendy straw called a cannula. This goes on Esbug's skin, where they had the numbing cream. Esbug has a stretchy band called a tourniquet on their arm, which gently squeezes their arm to help the anaesthetist to see the vein clearly.



A special medicine that looks like milk goes into the straw and helps Esbug to fall asleep.

There are two ways to help Esgug go to sleep.

1. With a special mask. This soft mask goes over Esgug's nose and mouth. It has a balloon on it. Esgug takes deep breaths to blow the balloon up. The sleepy medicine is inside the mask. It smells nice. What do you think it smells like?



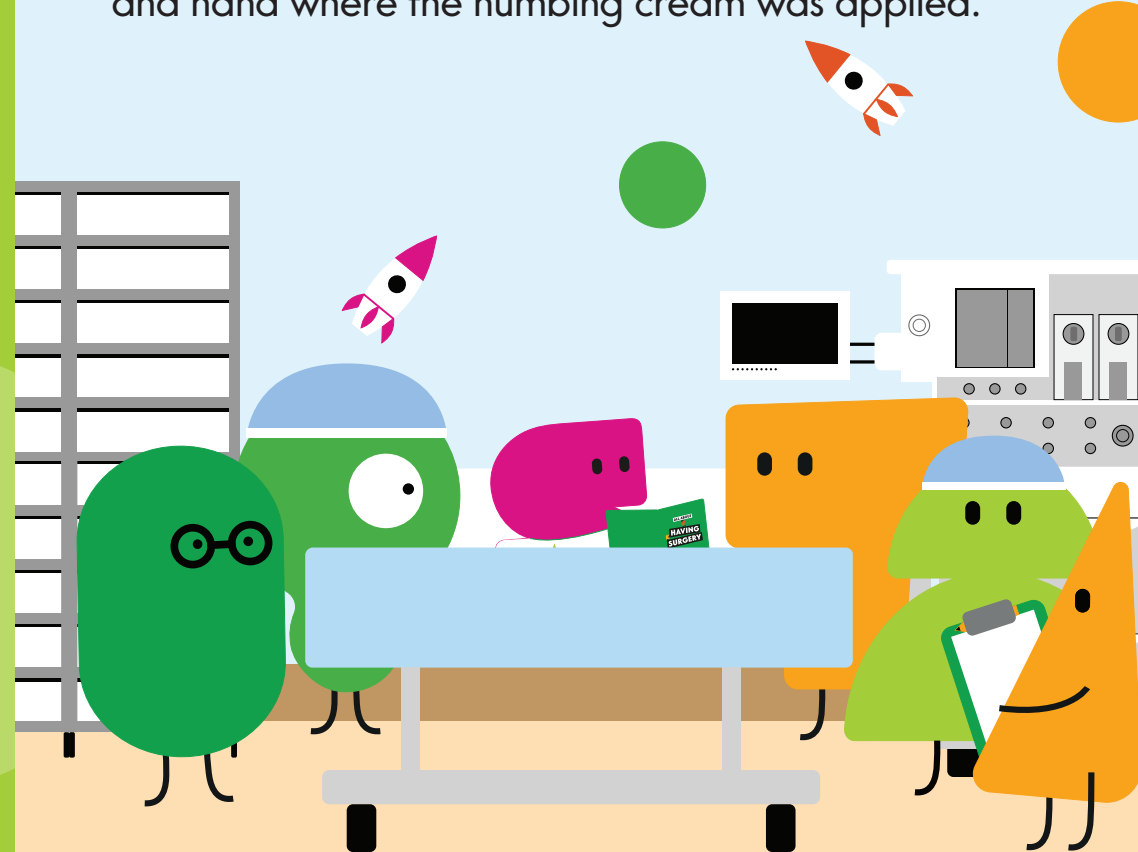
The nurse puts numbing cream on Esgug's hands and arms, covered with a see-through plaster to keep it on. The cream helps their skin to feel less. It takes 30 - 40 minutes to work.



Sometimes the nurse uses a cold spray, which works quickly, so no waiting, and is used just before the cannula (a small, bendy tube) is inserted.



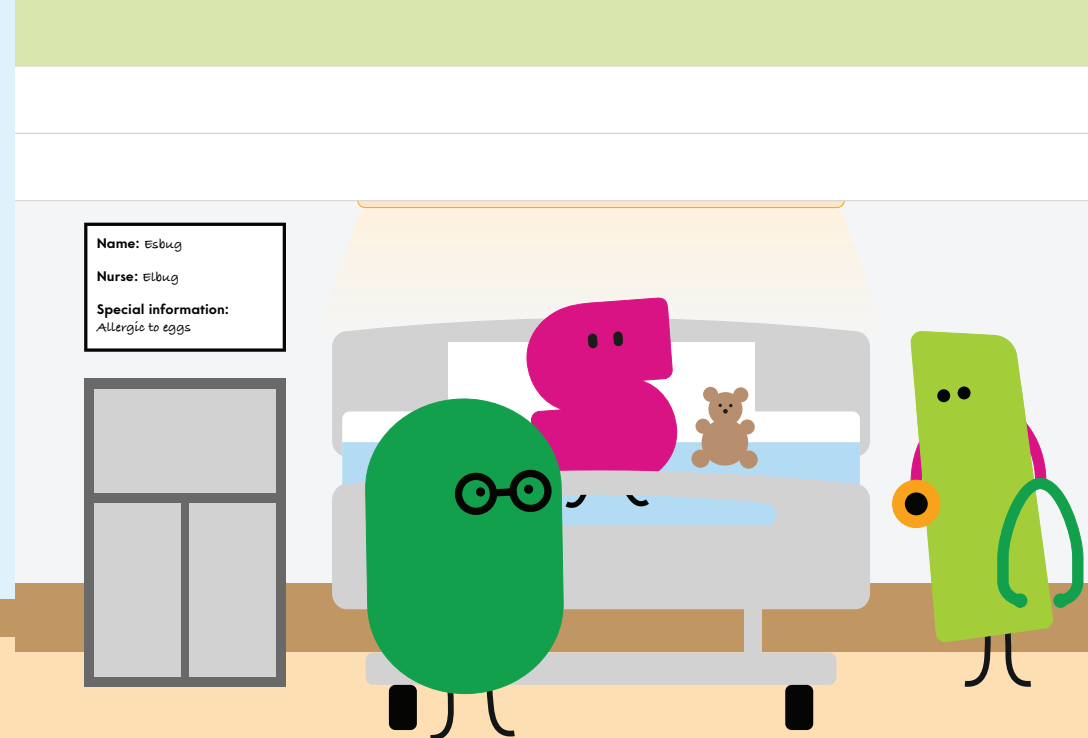
Esbug is allowed to play with a toy or look at a book while the anaesthetist looks at their arm and hand where the numbing cream was applied.



How many people are in the room with Esiug?

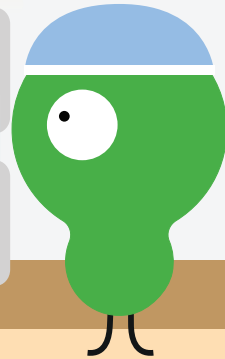
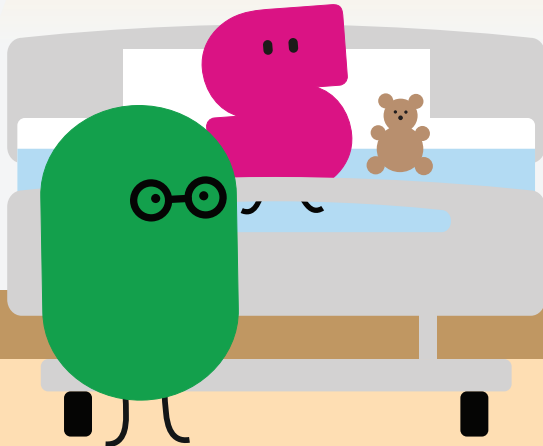


Esiug meets the doctor who will be looking after them when they have their sleep.

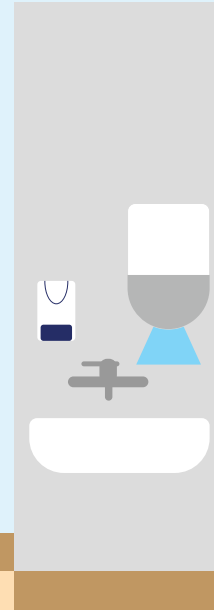
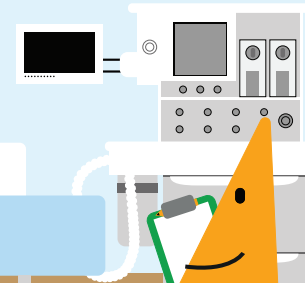
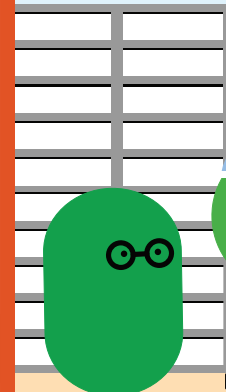


Esbug meets the anaesthetist, who will be working with the doctor to look after them.

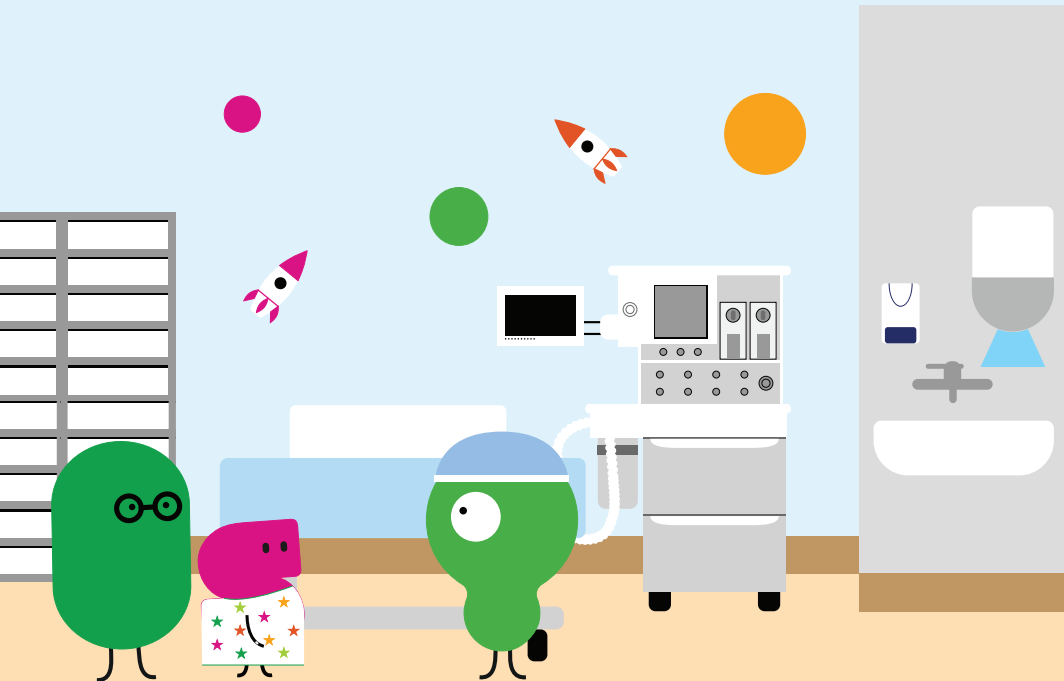
Name: Esbug
Nurse: Elbug
Special information:
Allergic to eggs



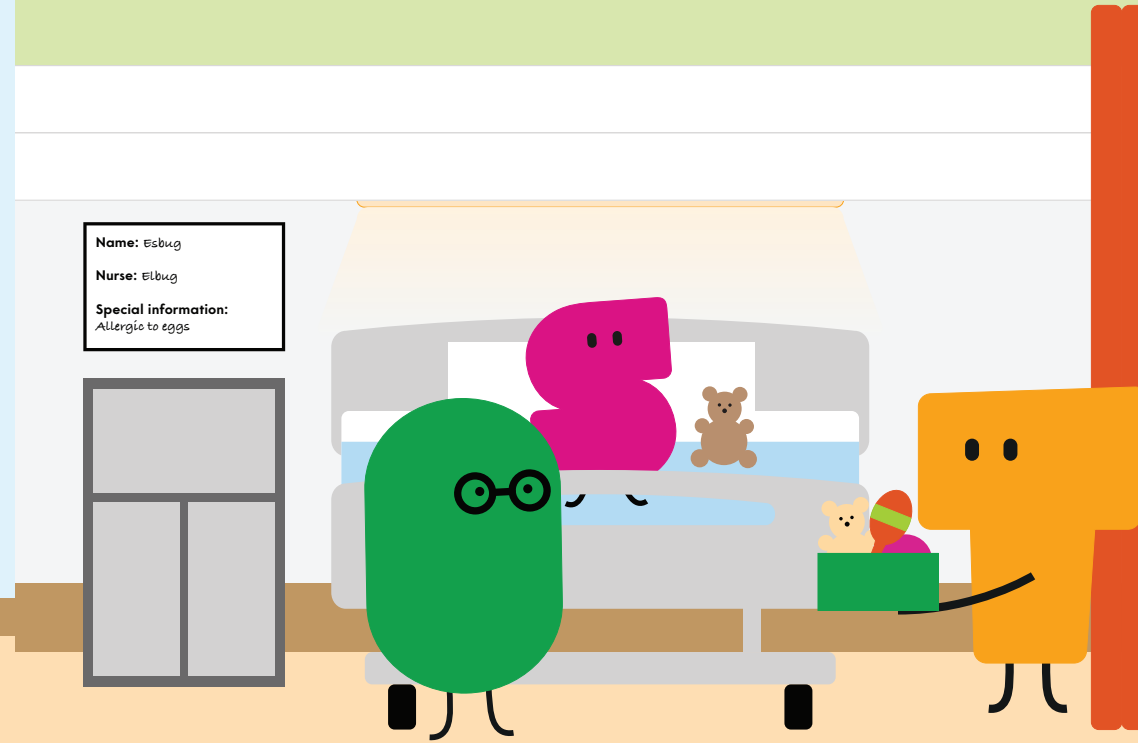
Esbug lies down on the bed and tells the anaesthetist their name and Birthday. Their grown up helps them.



When the doctor is ready, they call Esiug to the anaesthetic room, where they see the anaesthetist again. Their grown up goes with them.

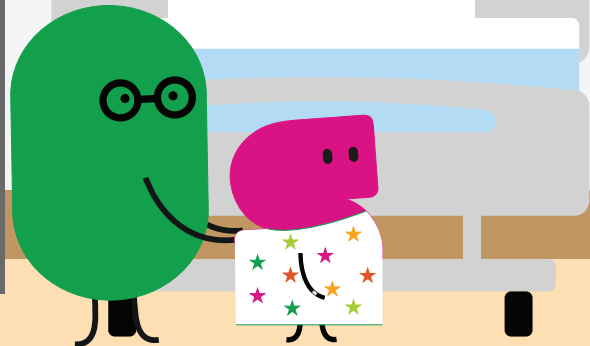
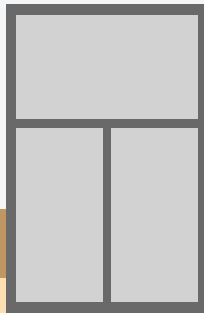


Esiug meets a play specialist who helps them to feel safe and have all the information they need.



Esiug changes into a hospital gown. This is like special hospital pyjamas. Esiug feels very comfortable!

Name: Esiug
Nurse: Esiug
Special information:
Allergic to eggs



Now it's time for the best place in the whole hospital – the play space! Esiug has to wait for a little while now, but can play, or read a book, or watch TV. Esiug chooses something to play with while they're getting ready for their sleep.

