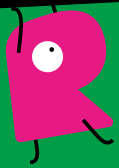


ALL ABOUT HAVING AN X-RAY



STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

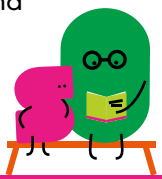
How to use this prep book with your child

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.

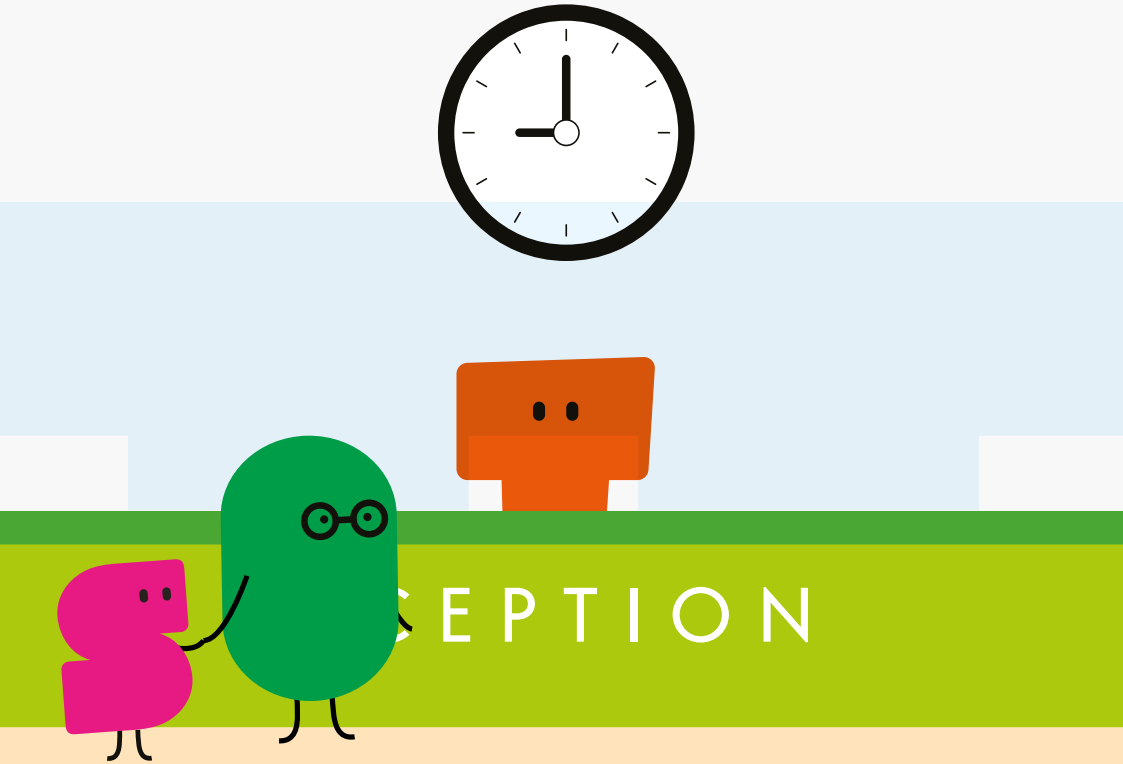
To get the most out of the book and support your child's understanding:

- **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 its ok if you don't know the answers to their questions – you can figure this out together with support from your hospital.

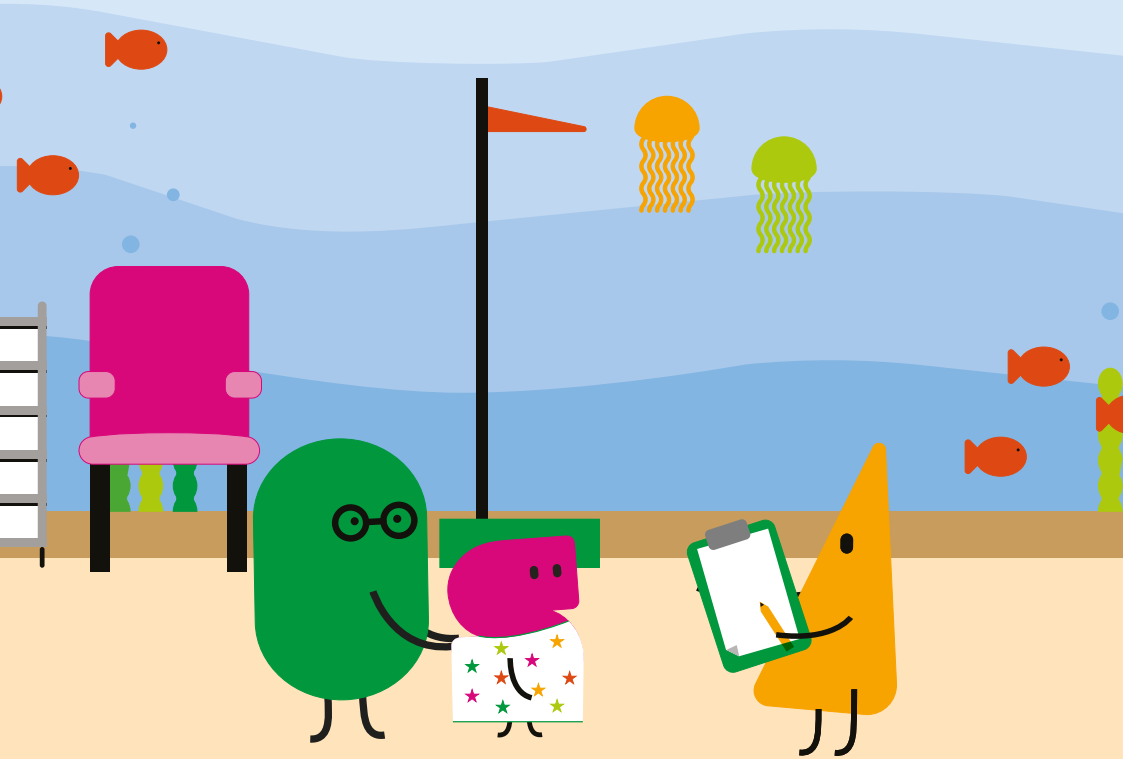
Following this, we would recommend **contacting your local hospital** to see if they have a Play Team. Play Specialists can offer extra guidance and help prepare your child in a way that's tailored to their needs and the environment of that setting.



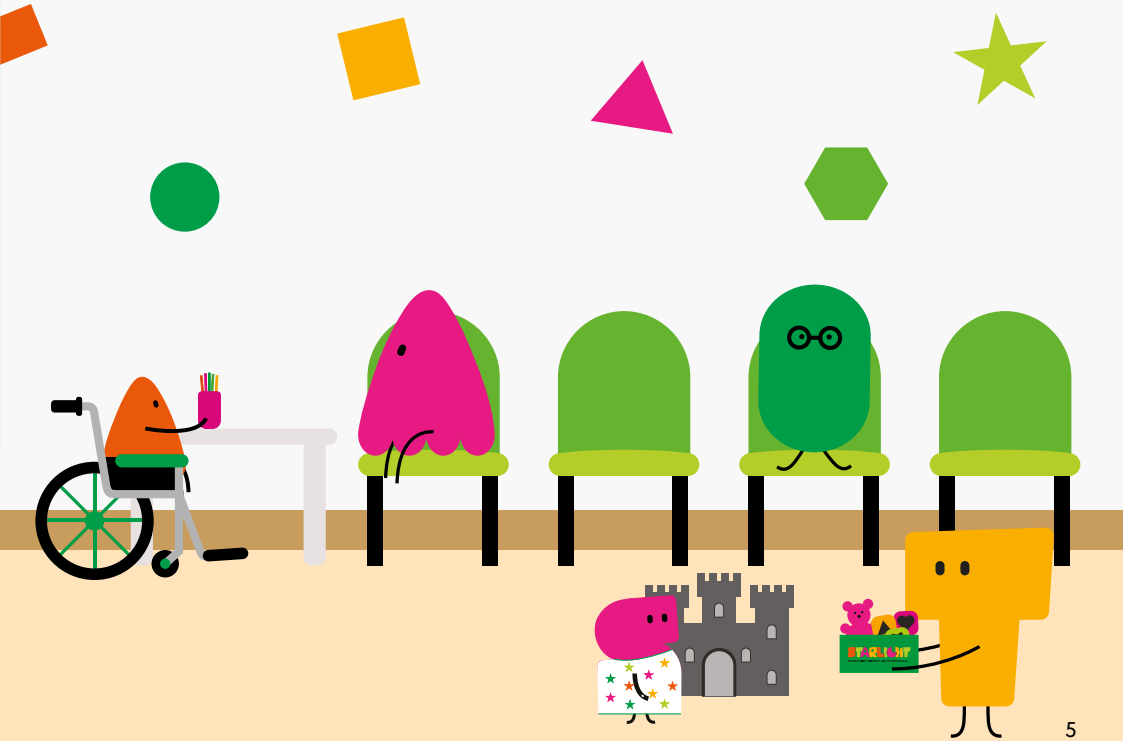
When arriving at the hospital, Esbug needs to check in at the reception desk.



Next, Esbug meets a nurse. They take them to a room where Esbug needs to change into a hospital gown.



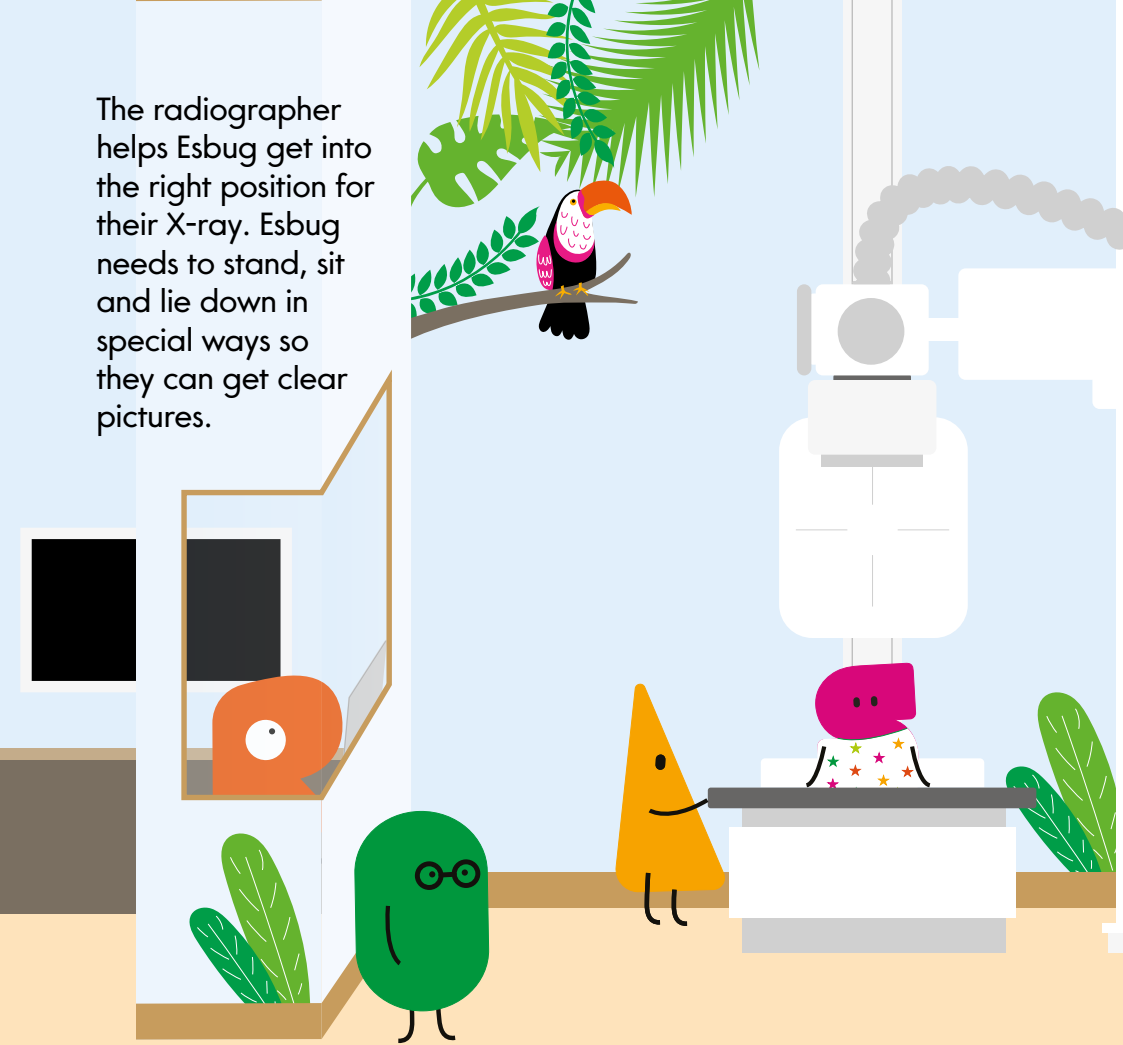
After getting changed, Esbug needs to wait for a little while in the waiting room. Here, Esbug can play! The play specialist brings them toys, books and games to help pass the time. Esbug is happy because some of the toys are the same as what they have at home.

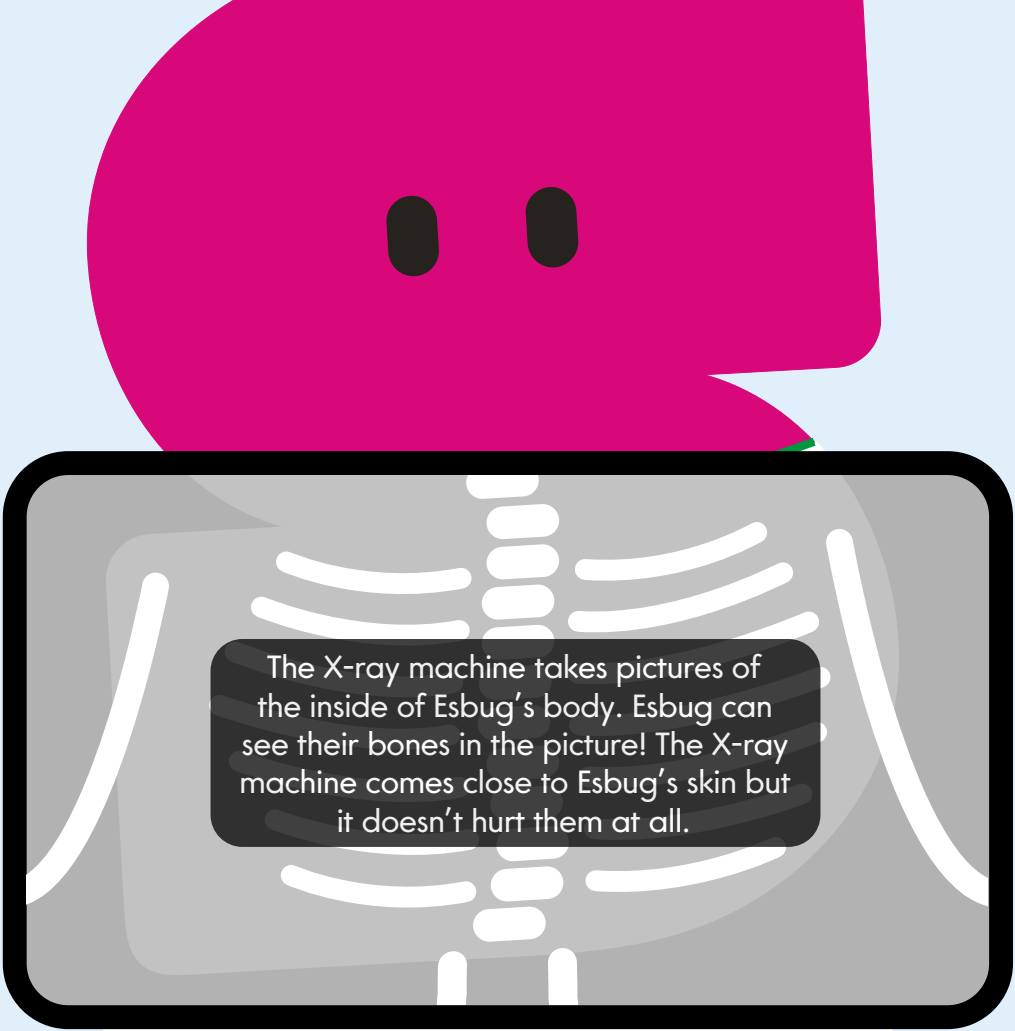


When it's time for Esbug to have their X-ray, the nurse takes Esbug to the X-ray room.



The radiographer helps Esbug get into the right position for their X-ray. Esbug needs to stand, sit and lie down in special ways so they can get clear pictures.




The X-ray machine takes pictures of the inside of Esbug's body. Esbug can see their bones in the picture! The X-ray machine comes close to Esbug's skin but it doesn't hurt them at all.



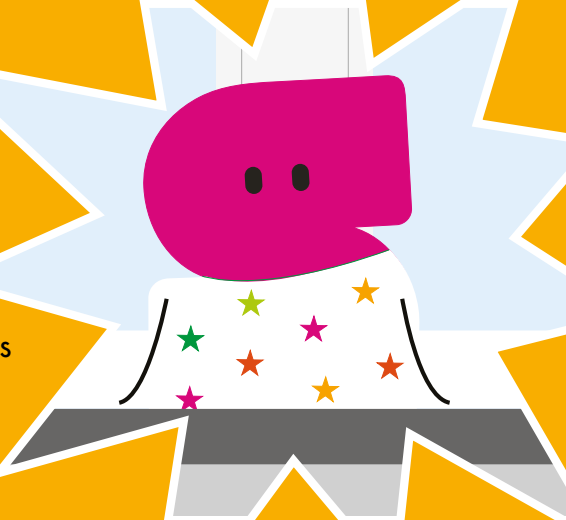
Esbug can see some fun things on the ceiling and walls. Esbug likes having things to look at while their picture is being taken.



Esbug's grown-up is in the room with them. They need to stand behind a screen and wear a special jacket to keep them safe during the X-ray.

Now it's time for Esbug to be super still...

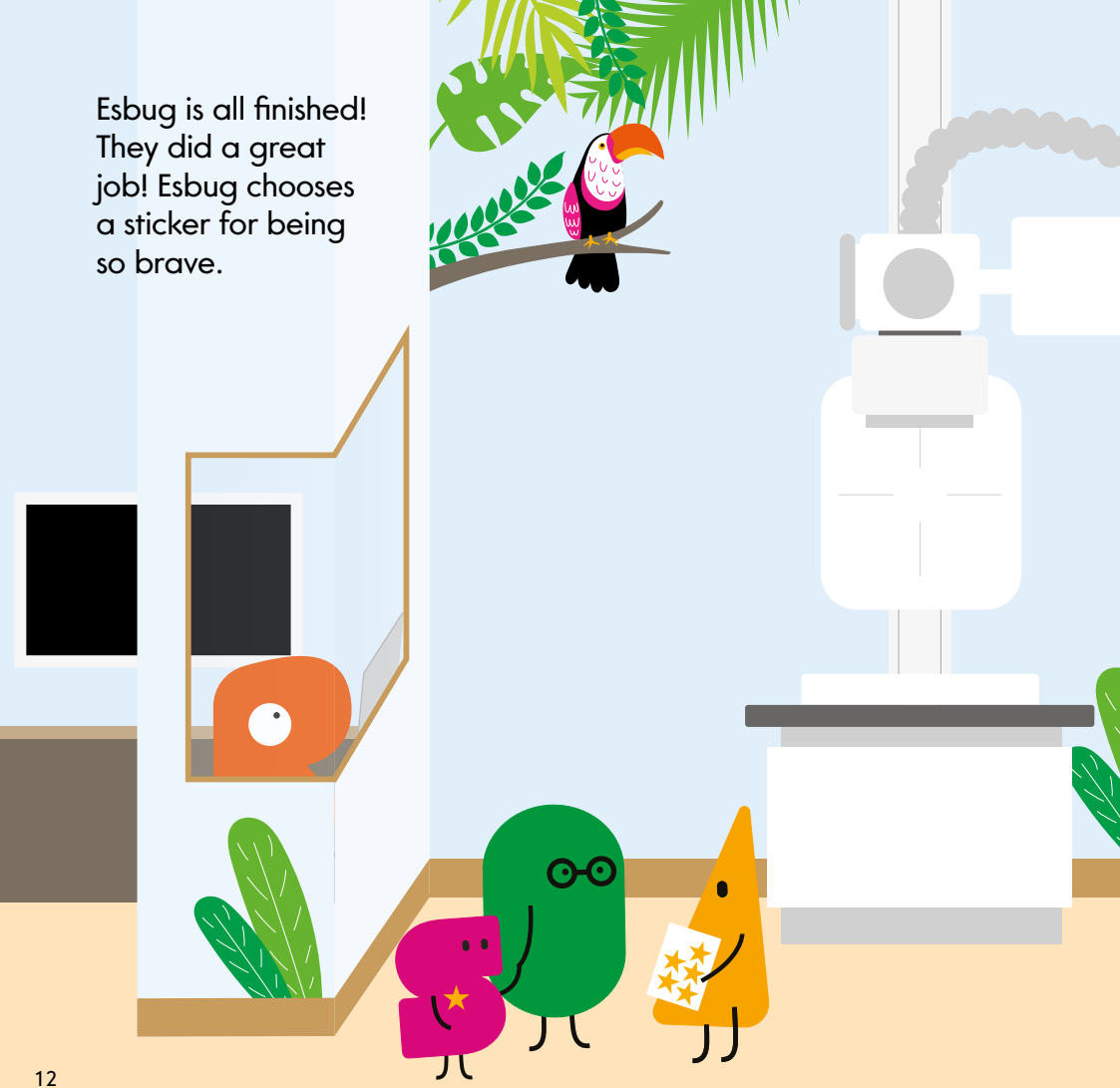
just like a statue...



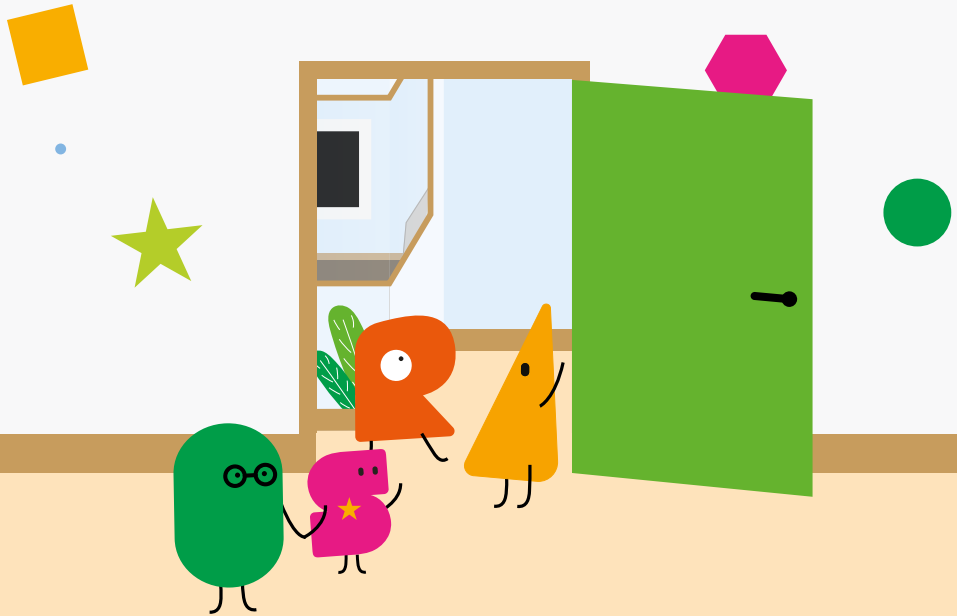
so the pictures aren't blurry.

The X-ray is very quick!

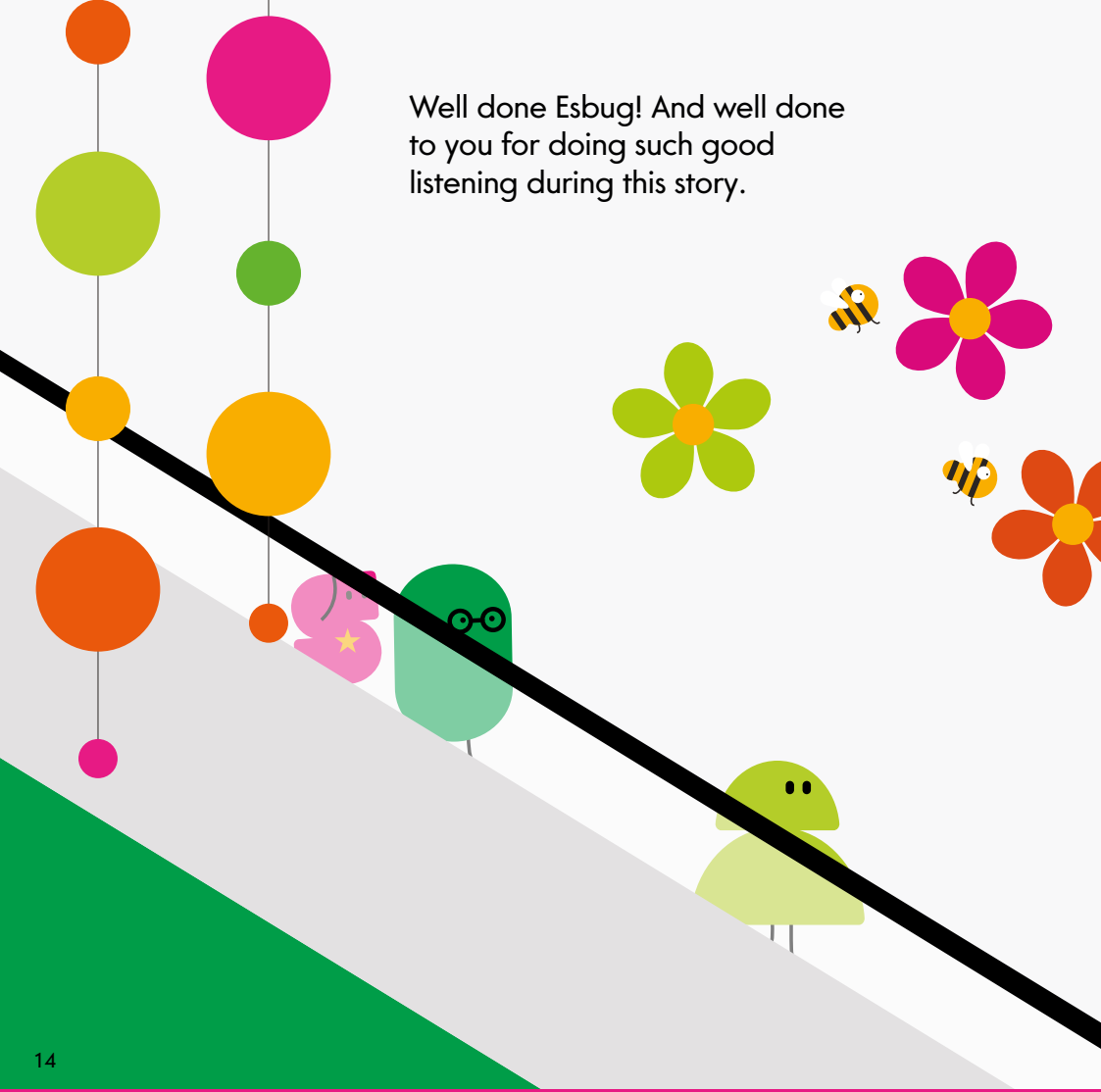
Esbug is all finished! They did a great job! Esbug chooses a sticker for being so brave.



Now it's time for Esbug to go home. The radiographer, who is specially trained to look at the new images, will report back to Esbug's doctor about the X-ray.



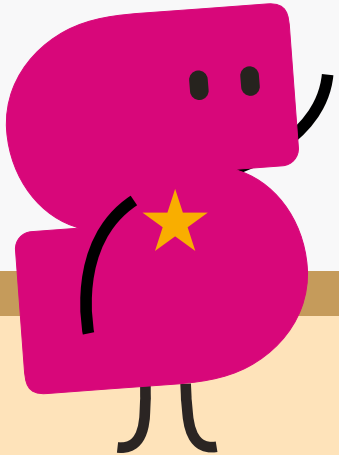
Well done Esbug! And well done to you for doing such good listening during this story.



Let's help Esbug remember what they saw.

Can you name:

- Something they saw
- Two staff they met
- What Esbug had to wear for the X-ray



STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

© Starlight Children's Foundation
Registered charity 296058 (England & Wales)
SC 047600 (Scotland)

Scan the QR code to access further resources

