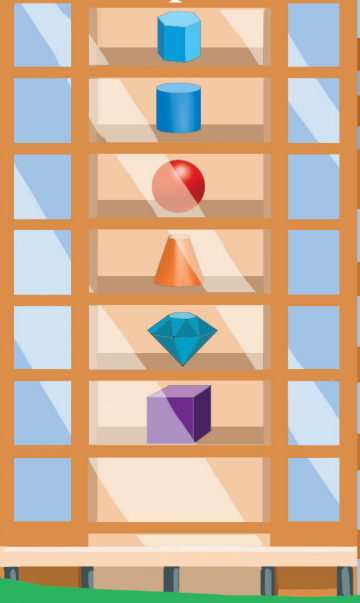




Texas Children's Hospital®

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Texas
Children's
Activity
Book



Dear Families,

At Texas Children's Hospital, we understand an overnight stay can be challenging for your child and family. This activity book was created to help you and your child get to know the hospital. By working through these activities together, we hope you and your child will begin to feel more comfortable.

This activity book is designed to introduce your child to the different medical staff and help explain experiences they may have while in the hospital. Your child may have his/her vital signs (blood pressure and temperature) taken, receive an IV (intravenous catheter), or need an x-ray. The following pages begin to introduce these items to your child in a simple manner. Some of the activities in this book will encourage your child to express his/her feelings about being in the hospital.

Child Life Specialists are available to ease your child's anxiety and help him or her feel more comfortable in the hospital. They use age-appropriate explanations to help children know what to expect while at the hospital. Child Life Specialists also know that the hospital can bring up different feelings for your child. Therefore, they will work with you to support your child's emotional needs. Child Life Specialists also provide play opportunities to support your child's growth and development.

As caregivers we encourage you to play as often as possible with your child, answer their questions honestly, and assist in maintaining their connection to siblings at home and friends at school. We hope you and your child enjoy our activity book. Please ask your nurse to contact Child Life if you have any questions or concerns. We want to make your visit comfortable for the whole family.

Sincerely,
The Child Life Department
Texas Children's Hospital



Howdy Partner! My name is
Tex.

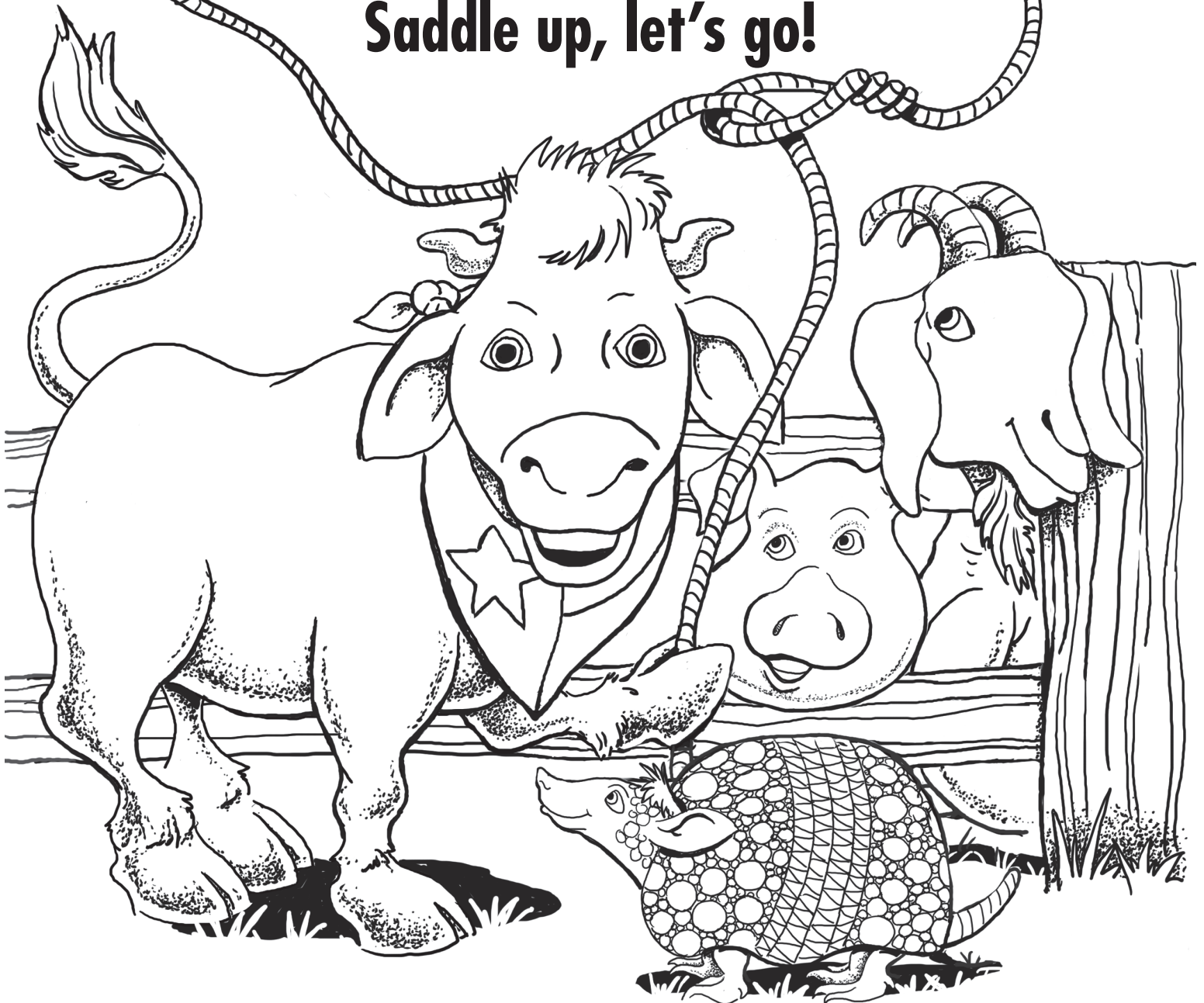
I am 8 years old. I was born and raised in Houston, Texas!
I enjoy stomping around the rodeo grounds with my friends.

One day, I was not feeling well and my parents took me
to Texas Children's Hospital.

Now my job is to lead you through the hospital.

Have you ever been to the hospital before?

Saddle up, let's go!





Draw a picture of you

Now that you know about me, tell me about yourself!

I feel happy when I

I am special because

I am good at

People in my family are

My favorite animal is

ALL ABOUT ME

I'm scared of

What I like to do for fun

This helps me when I am worried

I feel calm when I



People That Work in the Hospital

There are many folks you may meet while you are here.

They can help you and your family in different ways!

Can you get their autographs?

Activity Coordinator -

Plan activities and make sure you have fun things to do!

Chaplains -

Can pray, listen and offer support for you and your family.

Child Life Specialists -

Teach you about the hospital.

Dietitians -

Teach you what to eat to stay healthy.

Doctors -

Are in charge of making a plan to help your body feel better.

Environmental Services Technicians -

Help keep the hospital clean.

Nurses -

Do many things to make your body feel better.

Occupational Therapists -

Teach you how to take care of yourself.

Physical Therapists -

Teach you exercises to keep your body strong.

Respiratory Therapists -

Work with you to help you breathe better.

Social Workers -

Listen to families and give you information that can help you and your family.

Speech Therapists -

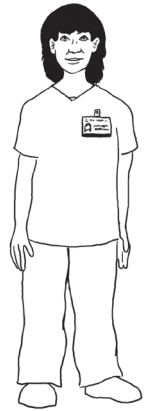
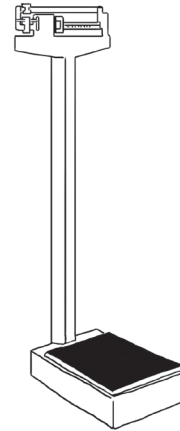
Teach you how to talk and/or swallow.

Volunteers -

Play with you and make the hospital more fun!

Find Your Partner

You might hear or see these things while you are in the hospital to help your body.
Help Tex match the words to the picture!



Blood Pressure Cuff

IV Pole

Hand Sanitizer

Scale

Pulse Oximeter

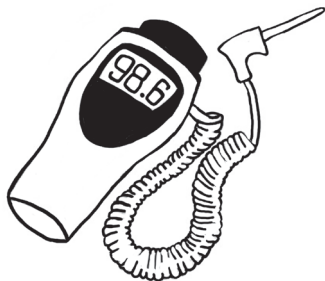
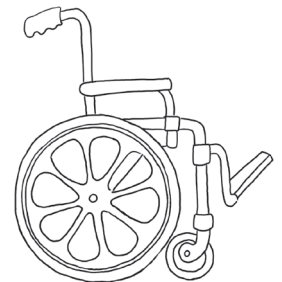
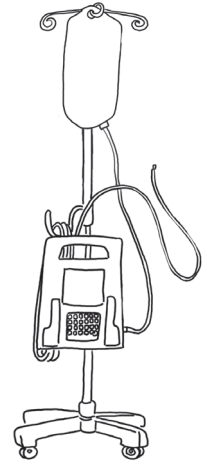
Stethoscope

Nurse with Scrubs

Wheelchairs

Syringe

Thermometer



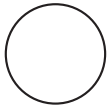
Mixed Up Feelings Tex

Pick a color for every feeling.
Color the spots to show how you feel.

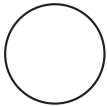


When I am at the hospital I have many different feelings all at the same time.

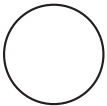
Color



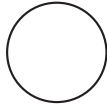
Sad



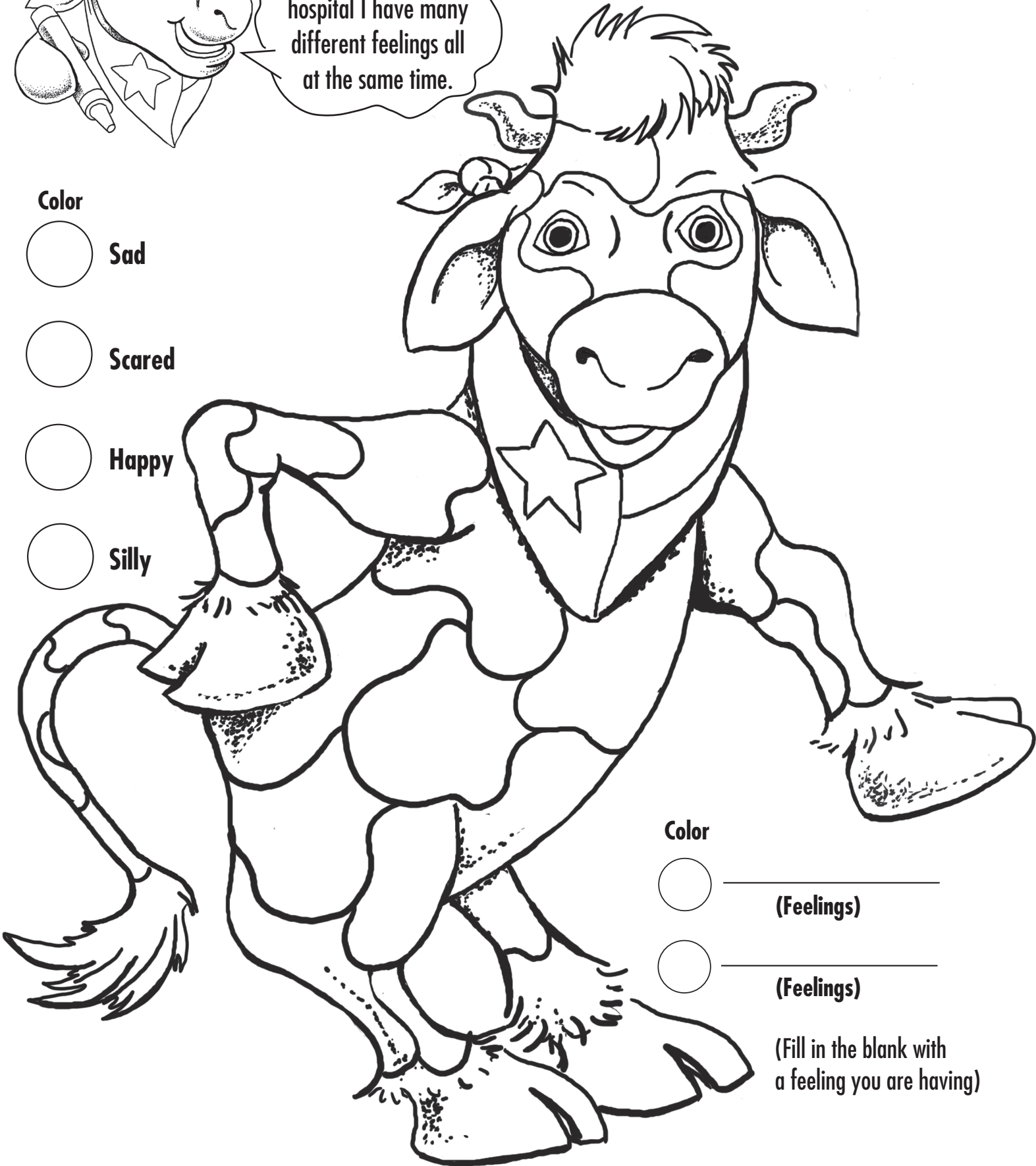
Scared



Happy



Silly



Color

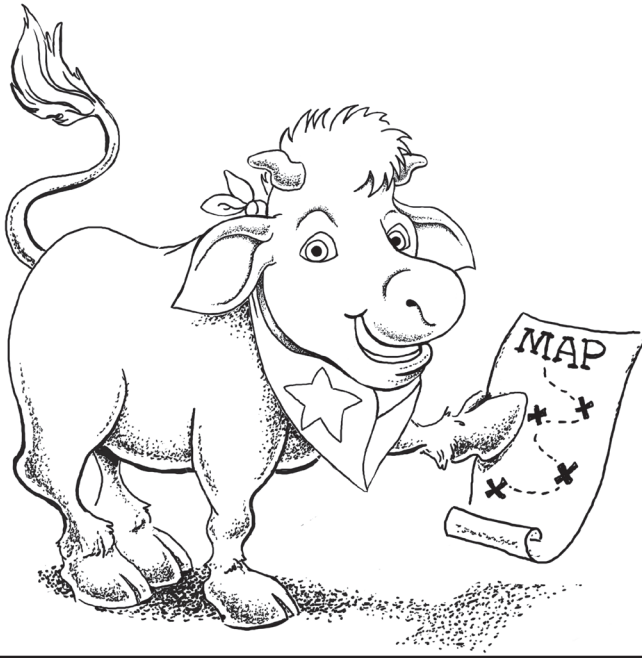


(Feelings)



(Feelings)

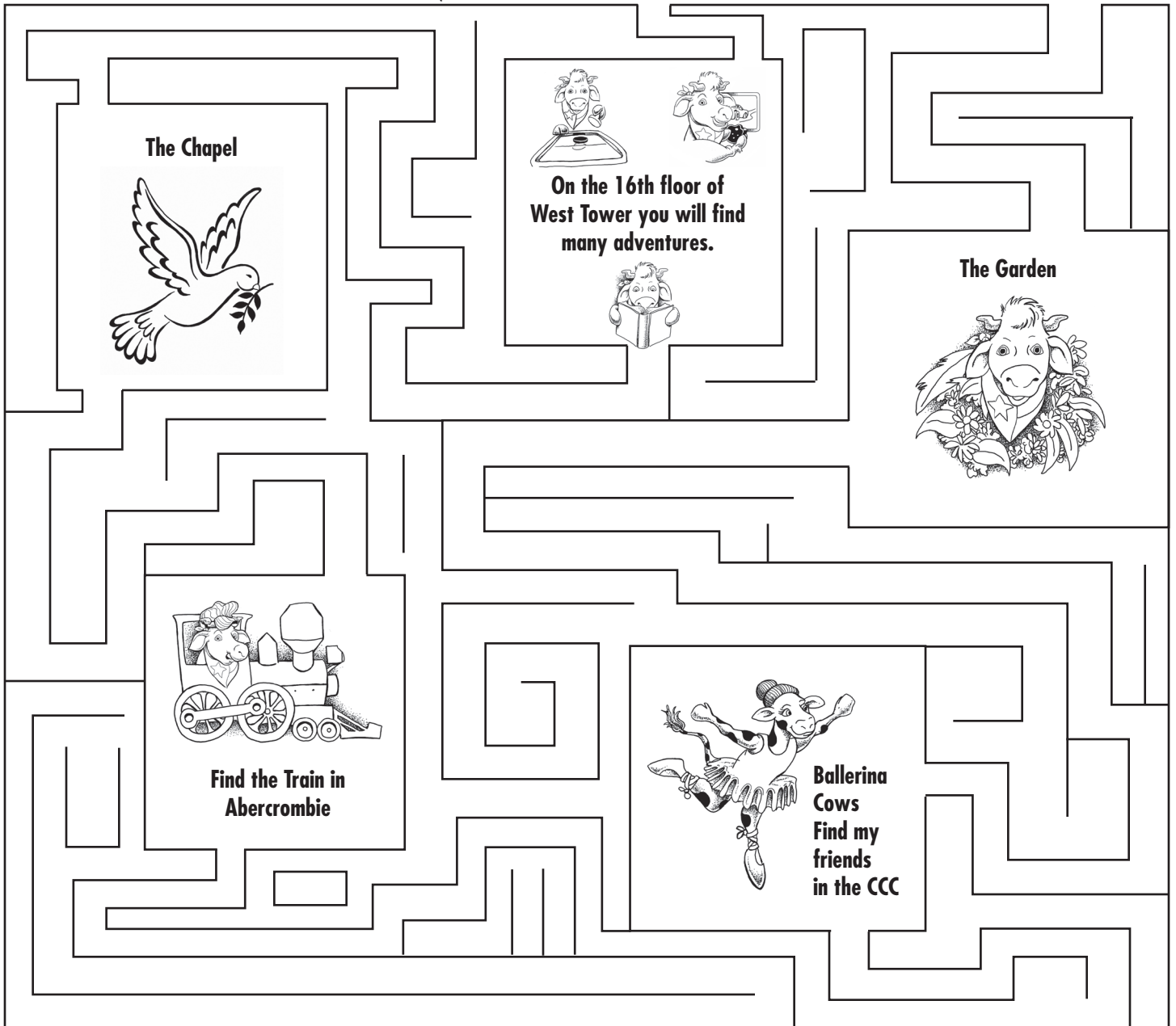
(Fill in the blank with a feeling you are having)



a-Maze-ing

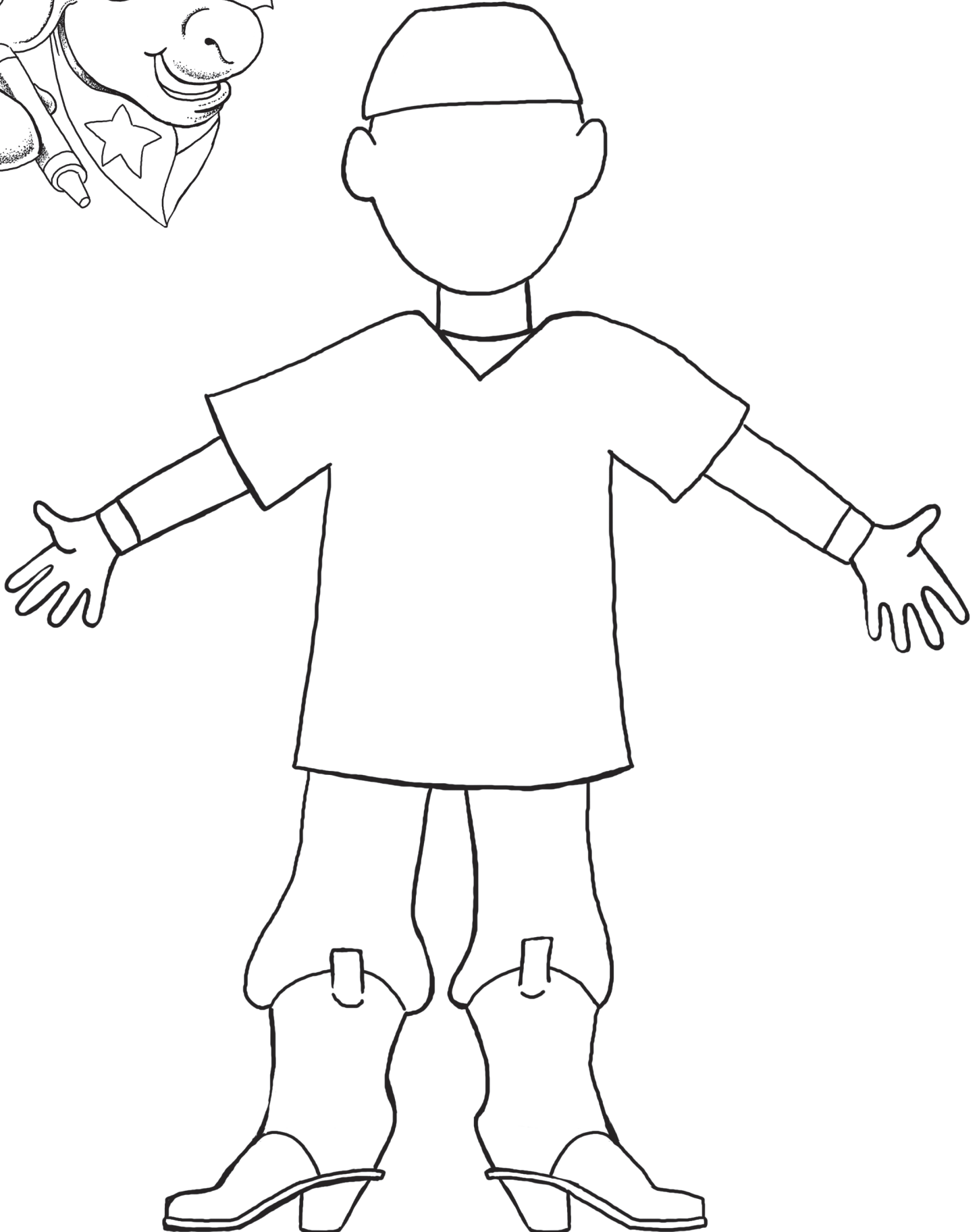
The hospital is an amazing place with many new things. I hope you get the chance to mosey on over and see some of my favorite places.

Start Here



Gussy Up Your Own Scrubs

Here in the hospital people wear different color uniforms.
Color the picture to make your own pair of scrubs!



Reasons for Coming to Texas Children's Hospital



Did you know that kids come to the hospital for many different reasons?

Sometimes kids have parts of their bodies that don't work as well as they should. They need some help getting stronger.



I am visiting.



Sometimes kids get sick and need a doctor to help their body get better.

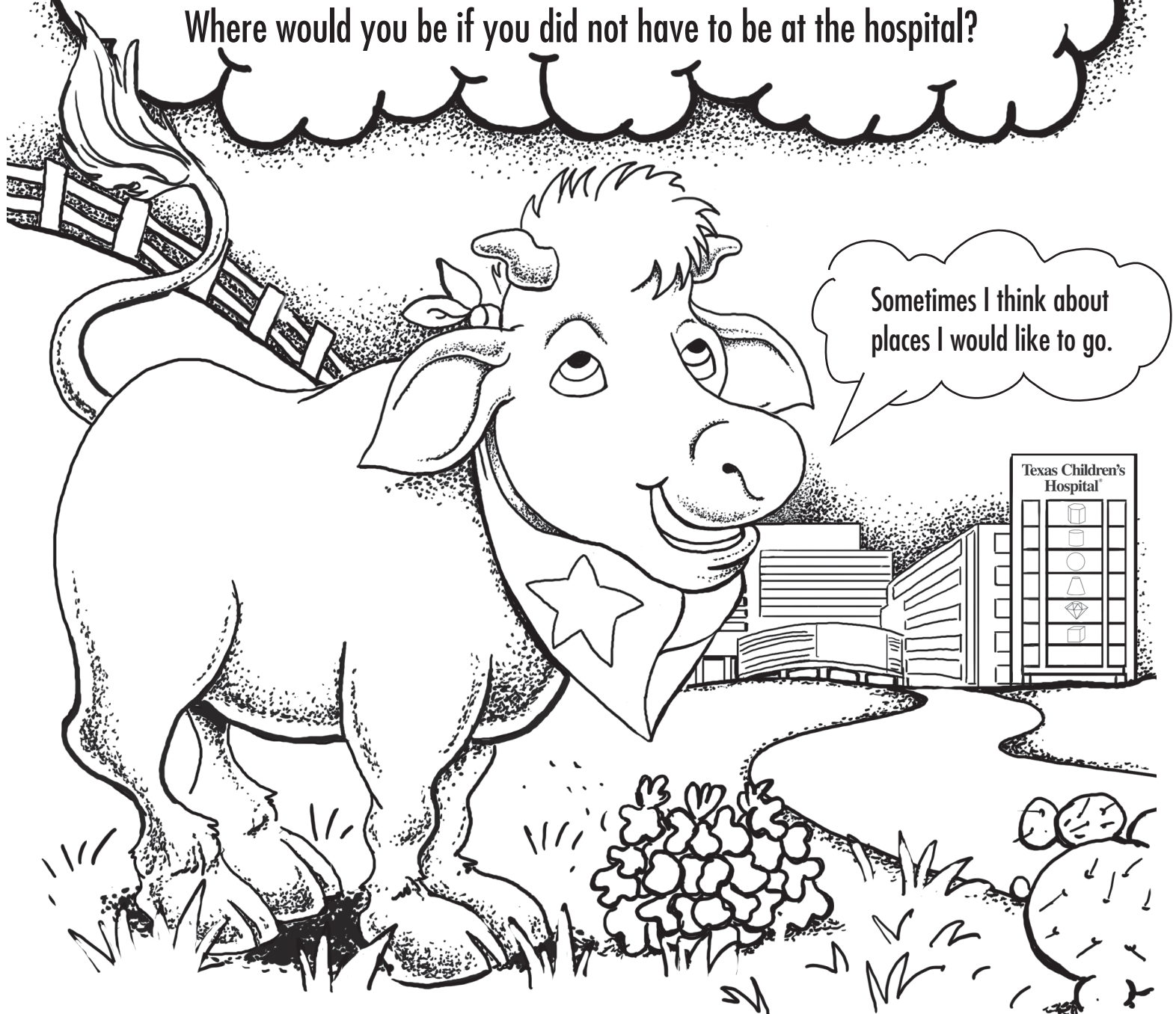
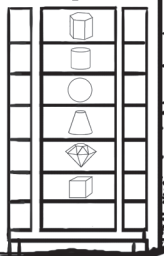
Why did YOU come to the Hospital?

Where Would You Be?

Where would you be if you did not have to be at the hospital?

Sometimes I think about places I would like to go.


Texas Children's
Hospital




Buckaroo Look at You!

As you finish each brave job put a sticker in the barn.


Tasks to be rewarded:



X-ray, MRI, CT Scan -
Pictures of your body



Blood Draw



IV (intravenous catheter) -
Tiny straw that gives your
body medicine




Take a trip around
your floor




Take your medicine



Go to sleep and wake up
just like at home



Play a game in
your room



Explore a place from
the maze



Ask your doctor a question

