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

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

- I feel happy when I
- I am special because
- I am good at
- My favorite animal is
- People in my family are
- 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!

**Doctors** -
Are in charge of making a plan to help your body feel better.
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!

Have you seen these things in the hospital? How do they help your body?

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

(Feelings)

(Feelings)

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

The Chapel
Find the Train in Abercrombie

On the 16th floor of West Tower you will find many adventures.

The Garden
Ballerina Cows
Find my friends in the CCC
Gussy Up Your Own Scrubs

Here in the hospital people wear different color uniforms. Color the picture to make your own pair of scrubs!
Word Search
Can you help Tex round up these words? They are arranged diagonally, down and up.

Words to find:
1. hospital
2. mask
3. patient
4. doctor
5. nurse
6. family
7. child life specialist
8. blood pressure
9. gloves
10. temperature
11. id bracelet
12. syringe
13. tourniquet
14. playroom
15. social worker
16. activity coordinator
17. volunteers
18. Tex
Sometimes kids get sick and need a doctor to help their body get better.

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.

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?

Sometimes I think about places I would like to go.

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

Sometimes I think about places I would like to go.
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