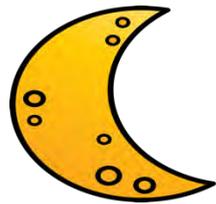


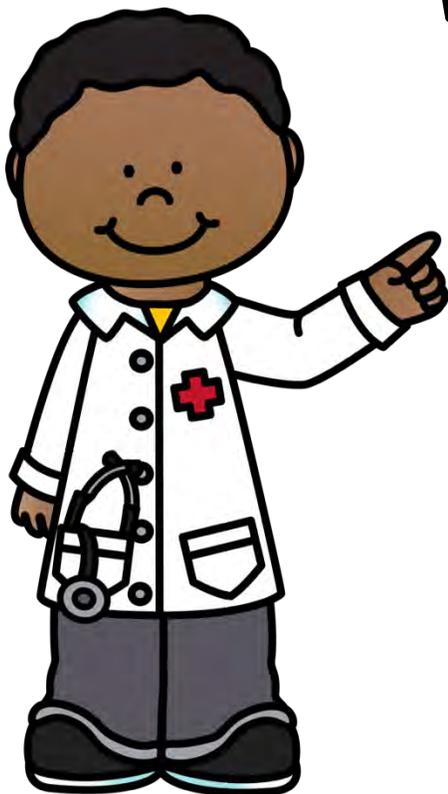
WELCOME

to



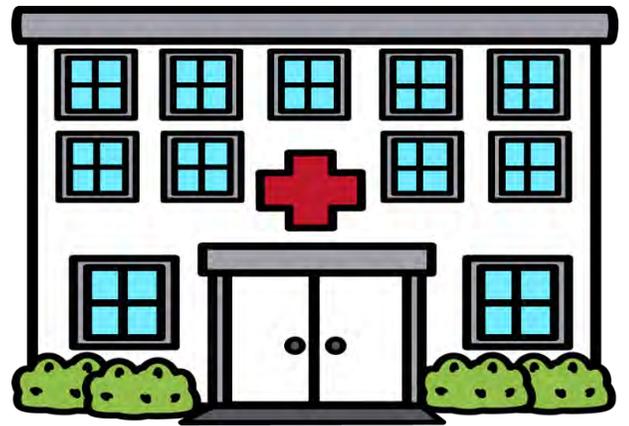
the

Sleep Center



We are excited to see you and your family for a visit at the Sleep Center at Texas Children's Hospital. Our team is ready and waiting to help you with your sleep study or your clinic visit with your provider, but you our BIG smiles because we will be wearing masks that cover our faces, and some of us may even wear silly puffy suits.

Before you come up to the Sleep Center you will check-in with our friends at the front of the hospital. They will take your temperature, give you a special mask and a bracelet to wear during your visit.





After you and your grownup have your masks, you can head to the sleep center. Remember to take nice calm slow breaths while wearing your mask. Pretend like you are trying to blow bubbles! That helps us to stay calm. Ask your grownup to pretend with you!



When walking around the hospital, waiting in line, or sitting in the waiting room we must stay 6 feet apart from other people except from our family. You will notice red dots on our floor to help you remember. See if you can find them on the way to the clinic! We can't wait to hear how well you did!

Your grownup will be wearing a mask too!



Next you will be greeted by our front desk staff with big waves and hellos while your parents check you in. They will be behind a window, but they are excited to see you. Did you find the red dots on your way to the Sleep Center?

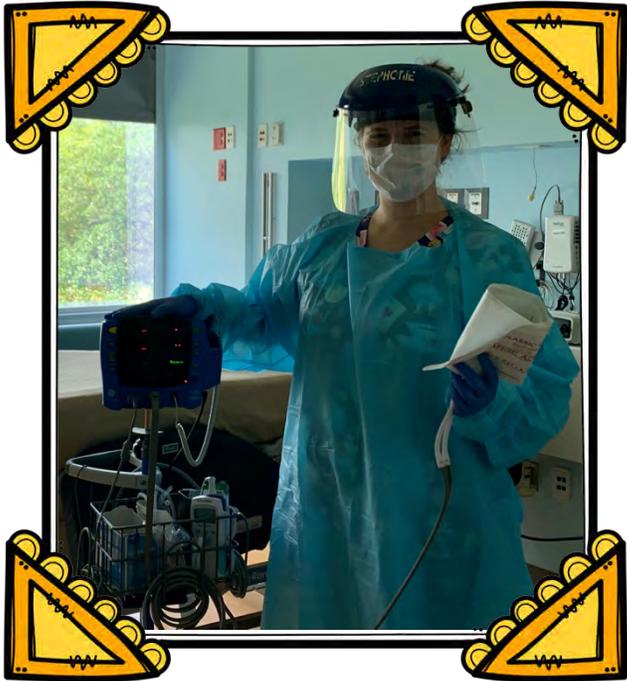
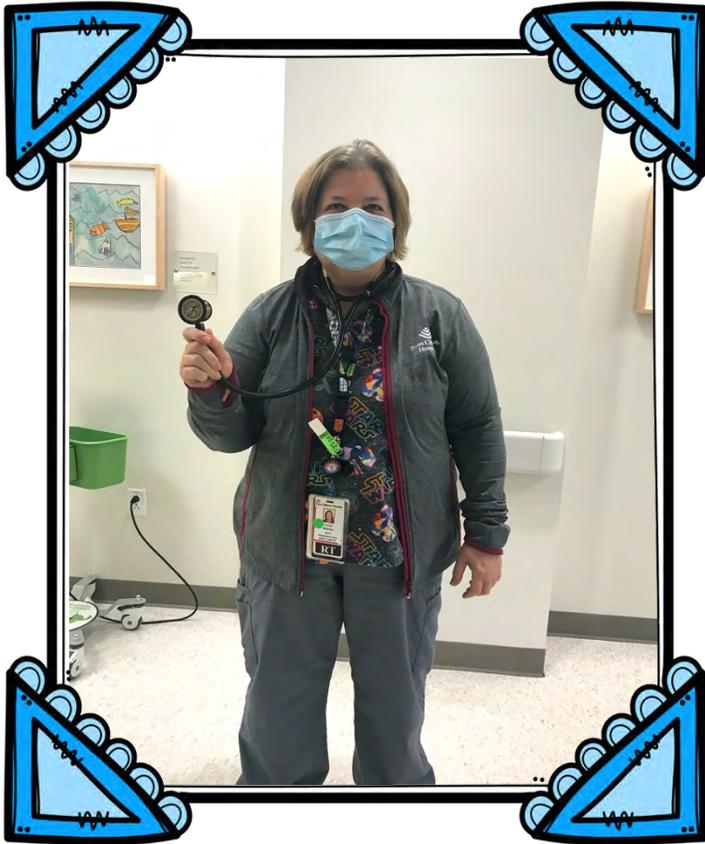


You are doing a great job staying 6 feet apart!



If you are here for a sleep study or to see the doctor you will next stop and get your height, weight and blood pressure checked. You might not be able to see our team member's smile right now, but I bet you could hear them laugh if you tell them a joke! Don't know one? Ask them to tell you one!

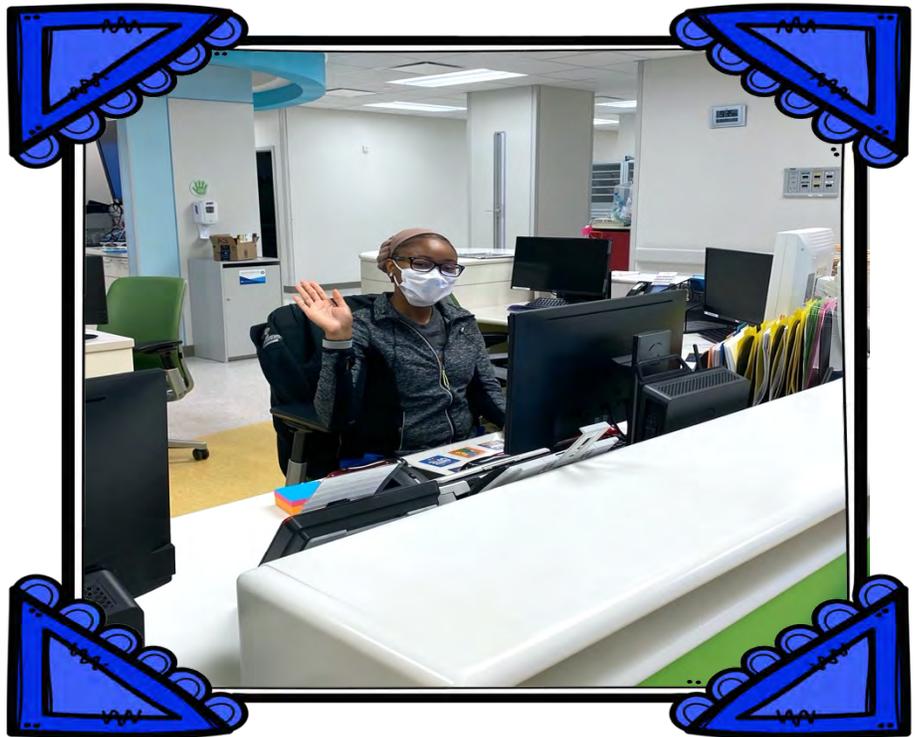
What do you call a sleeping dinosaur?
A dino-SNORE!!!



Sometimes we wear these special helmets and shields to keep everyone safe.

Next, we will show you and your grownup to your clinic room for your appointment or your bed for your sleep study. Be sure to wave at our nurses as you walk past.

Grownups you're doing a great job helping your child wear their mask 😊



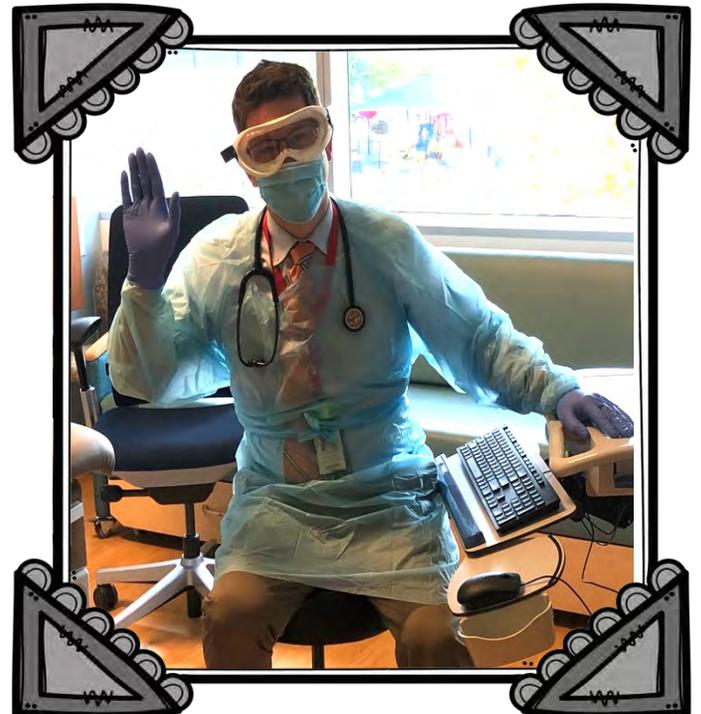
If you are here to see one of our providers for an appointment our team will help you to a room that has an exam table. You may be asked to wash your hands or use hand sanitizer. You should keep your mask on unless the provider asks you to remove it so they can examine you. Just like if we were playing Simon Says! Do you know that game? It is so fun!



His doctor told him he could take his mask off so she could examine him, but she keeps her mask on and so does his grownup. He is doing such a great job of staying calm.



Here are some of our providers that you might see when you come and visit us. They wear masks too! Just like you! Sometimes we wear extra superhero gear too.

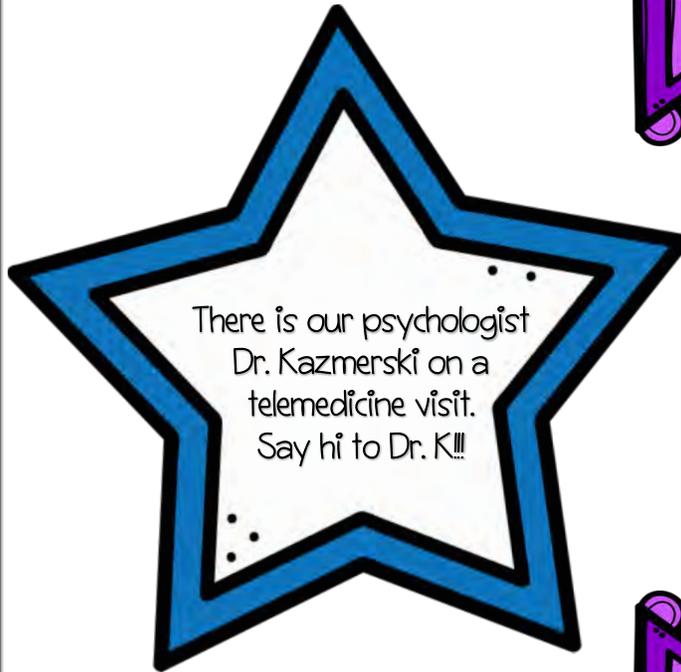


Drs. Malhotra and Kaplan and our Nurse Practitioner Ms. Steele are all smiling under their masks. Do you remember our joke? See if you can make them laugh under those masks too!

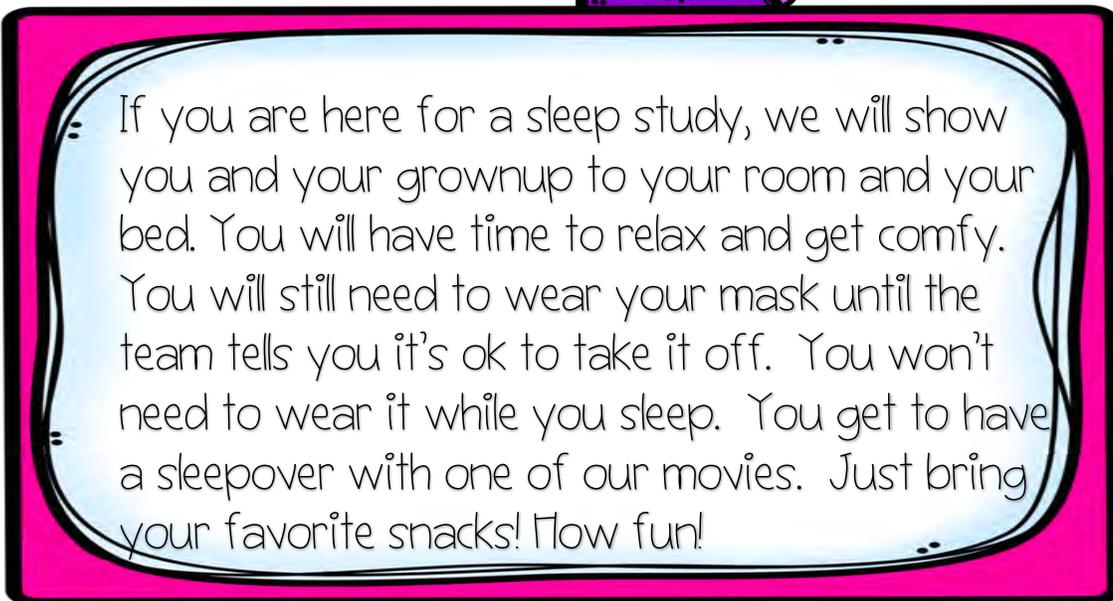




You might also get to see your providers on your computer or phone from your house!



There is our psychologist Dr. Kazmerski on a telemedicine visit. Say hi to Dr. K!!!



If you are here for a sleep study, we will show you and your grownup to your room and your bed. You will have time to relax and get comfy. You will still need to wear your mask until the team tells you it's ok to take it off. You won't need to wear it while you sleep. You get to have a sleepover with one of our movies. Just bring your favorite snacks! How fun!



The sleep technologist will help you get into your bed and get ready for your study. Make sure to watch our video before you come so you know what to expect. Sleep Studies do not hurt one bit. It can feel strange to sleep somewhere new with all these gadgets, but do not worry! Our team is the best at helping kids with their studies. They know lots of magic tricks! They might even be able to turn you into a bunny!





In the morning the technologist will help you get ready to go home once your study is over. Wow! That was easy!



It is time to put your mask back on and go home. Thanks for visiting us and for wearing your mask. You did a great job!!!



Texas Children's Hospital Sleep Center
Texas Medical Center
832-826-2156
West Campus
832-227-2130
The Woodlands
936-267-5880

Tips for Kids and their Grownups Visiting the Sleep Center



Please review TCH COVID-19 policies before the arriving. Please contact the sleep center with any questions.

<https://www.texaschildrens.org/always-here-for-you>



It's best to practice wearing a mask or something similar at home before you come to the sleep center. Our psychologist has a few tips to help you and your caregivers to practice. Additional information is available here.

<https://www.texaschildrens.org/blog/we're-here-help-tips-encourage-your-child-wear-mask-properly>



Caregivers, please review ALL information provided to you by the sleep center nurse regarding the sleep study. This includes a link (also listed below) to our video that you should watch with your child to help your family prepare for a sleep study. Both the document and the video are available in English and Spanish. Children (and their caregivers) do better when they know what to expect! Please review these resources.

<https://www.texaschildrens.org/departments/sleep-center/what-expect-during-sleep-study>



MASK PRACTICING INSTRUCTIONS

1. Introduce the mask during a preferred activity, such as screen time or coloring. It is better to practice while everyone is calm and comfortable.
2. Praise appropriate behaviors (e.g., nice hands, being calm and taking slow breaths). These are the things you want your child **TO DO**. Give frequent positive feedback when they display those behaviors. Limit attention for all negative or inappropriate behaviors.
3. Keep practice sessions very brief, but practice frequently! Repetition is key. Practice really does make perfect.
4. Have realistic expectations. Start with small goals and gradually increase them. Start by having your child wear the mask for a brief amount of time and gradually increase the amount of time based on your child becoming more comfortable wearing the mask. This way you are telling them when it's ok to remove the mask and they are not removing the mask because they are upset. If you have to start at 15 seconds that is **OK!** If you have to start with the mask sitting next to your child first that is **OK!** But keep practicing and praising!
5. Be clear about expectations before you begin. Use the behavior chart provided and complete multiple practice sessions. Review the positive behaviors you are expecting and set a goal with your child prior to each practice. Initially your goal on your behavior chart should also be small (2 out of 4 smiley faces) then as your child succeeds you can increase your expectations in future practice sessions.
6. Always end on success (completion of the task). End the practice session because of success and not refusal of mask practice. Review the behavior chart with your child and provide your child's favorite reward if the goal was met. "Because you did your practice calmly and met your goal you earned a prize!" If goal was not met provide attention for desired behaviors achieved and that there will be another opportunity to practice. Limit attention for any undesired behaviors.
7. Continue to Practice!!! After your child has successfully built-up tolerance to their mask during preferred activities continue to practice but increase the difficulty of the practice sessions by having them engage in other activities while wearing the mask, such as chores, schoolwork, etc. Start with brief and easy tasks. Parents should still be providing frequent praise and a reward for meeting their goal.
8. Provide opportunities to practice outside of the home. Set expectations, goals, provide frequent praise and provide your child a reward for meeting their goal.

Mask Practice Note

Key: No = did not demonstrate skill Yes = full demonstration of skill

Desired Behavior								
I had nice hands 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I took slow breaths 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I Stayed Calm 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I Listened 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No

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 Children's Sleep Program
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If I get _____  I get a _____ 