_____ 's

# Visit to Hospital

A Guide for Children and Parents
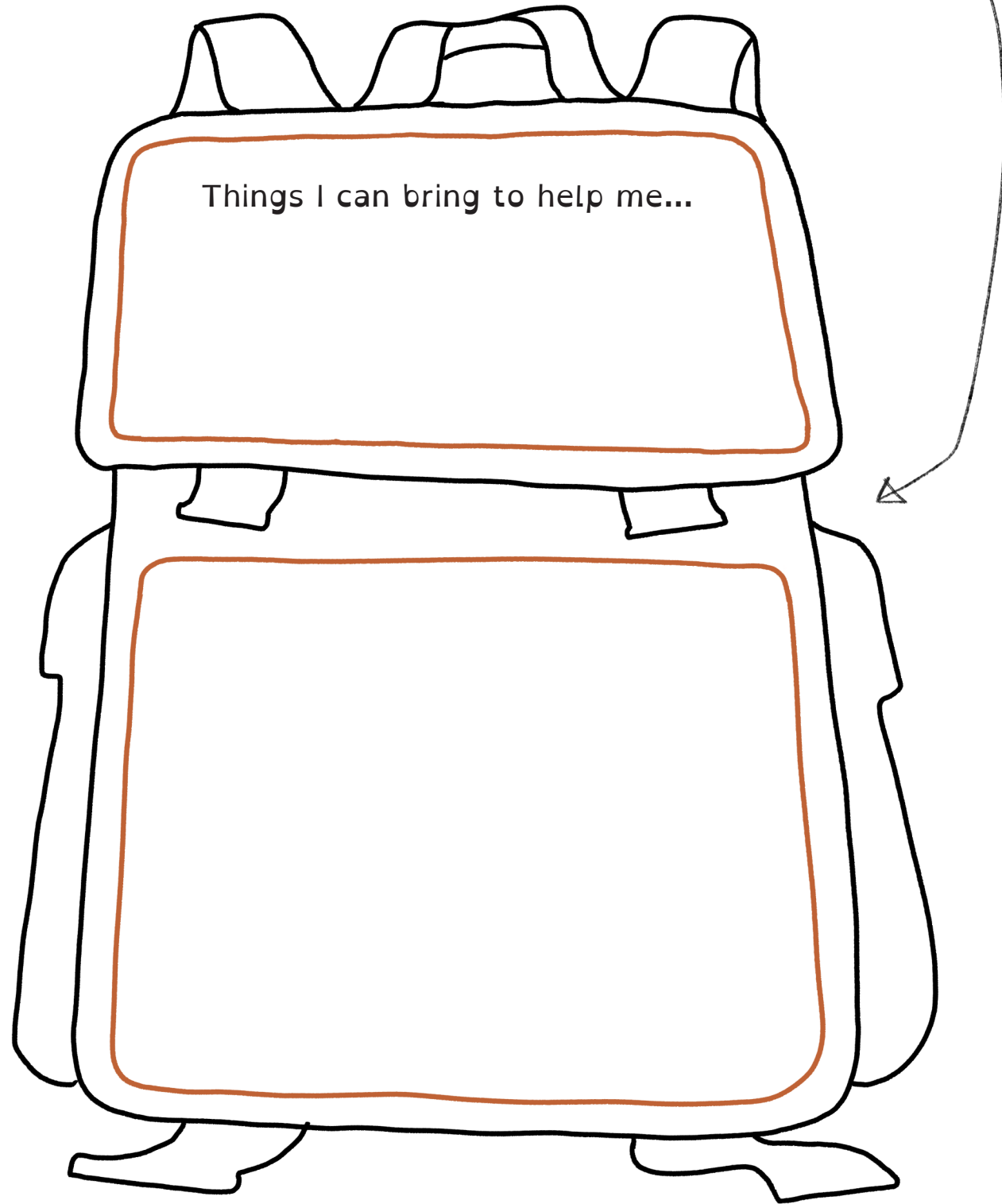
Your name

Please colour in the pages

This guide has been made by listening to what other children, young people, parents/carers and staff have told us has helped them. Write, or draw, or ask someone to help you fill in the pages.

# Before your visit

Make a plan for your visit...

Fill in the bag

Things I can bring to help me...

Things I want to know or ask:

_____
_____
_____
_____

Things I can do to prepare myself at home
(e.g. practice sitting, standing or lying really still, ways
to stay as relaxed as possible):

_____
_____
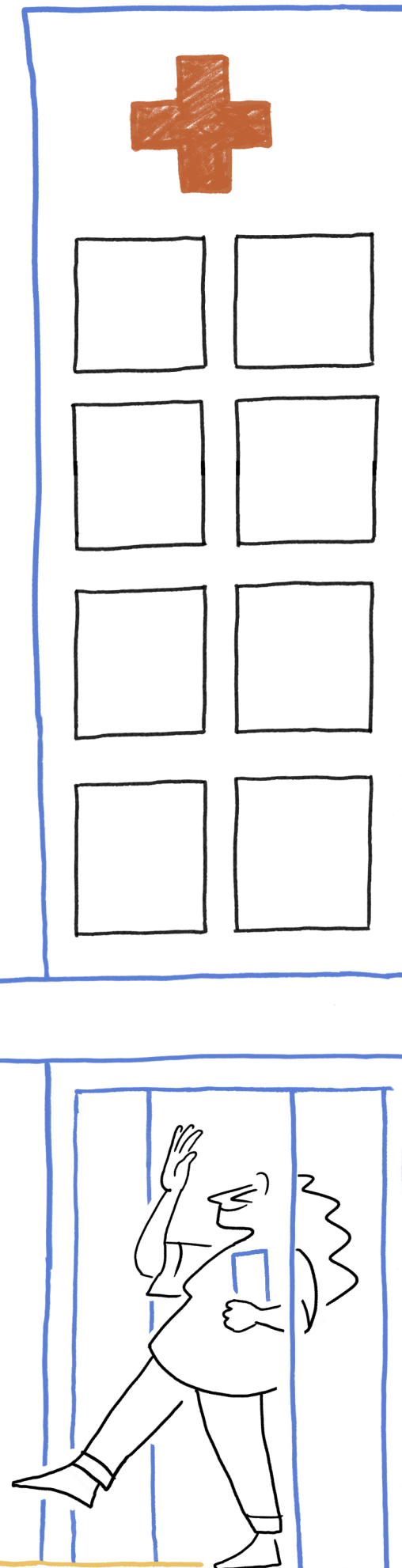_____
_____

Something I would like to do after my visit:

_____
_____
_____
_____
_____
_____

# On the day of your visit

It is important you know what staff should do and say when you come to hospital.

Colour in the hospital

1. Staff will come and say hello to you and your parent/carer. If you don't want to talk to them you can let them know on your 'This is me today' page so they can speak with your parent/carer.

2. Give your 'This is me today' page to staff so they can see what you want them to know about you and how to help you with your hospital visit.

3. Staff will talk to you and your parent/carer about what will happen 'now and next'.

4. Staff are happy for you to ask questions. You can also tell them how you are feeling and what they can do to help you.

5. Staff will plan with you and your parent/carer how to support you during your procedure or test. You can decide together how to stay still, how to sit, stand or lie down and what will help you feel calm and safe.

6. You must let everyone know if you do not want to carry on with the procedure or test so together you can decide what to do.

# This is me today !

On the day of your visit fill out this form and show it to the Hospital Staff

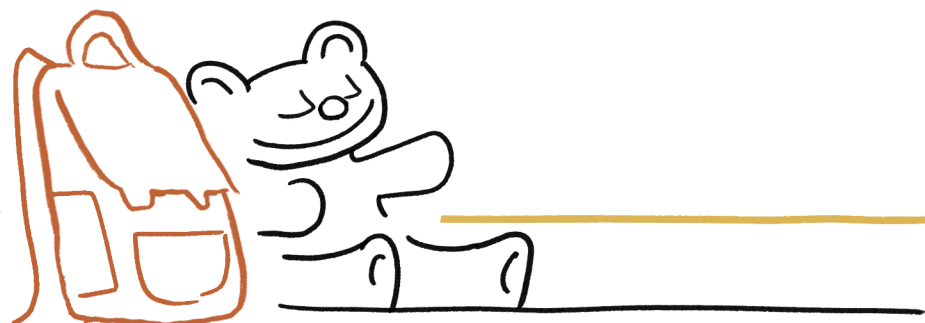**1. Today I feel...** (Choose or draw your own emoji and write how you feel beneath it)

............    ............    ............    ............    ............    ............

**2. I am feeling this today because...**

_____
_____
_____

**3. Things I like to talk about are...**

_____
_____
_____

**4. I would like you to talk to:**

Me ☐

My Parent/Carer ☐

**5. Two things which you can do to help me today...**

_____
_____
_____
_____
_____

# After your visit

It's good to think about what worked and what you'd like to be different next time. Think about how you felt during your visit and complete the sentences below.

1. Today my visit was...

_____

_____

_____

2. During my visit I liked...

_____

_____

_____

3.  Today I was good at...

_____

_____

_____

4. Now my visit is over I get to...

_____

_____

_____

5. Next time my visit would be better if...

_____

_____

_____

# For Parents / Carers

You know your child better than anyone else. Other parents and carers have told us some 'Top Tips' about what can help you and your child before, during and af ter their visit to hospital

1. It can help if you know what is likely to happen when you and your child visit the hospital.

2. Looking through this booklet with your child can help you both plan and be prepared for your visit.

3. You know your child better than anyone else, but parents say that talking with their child early on about what will happen, who they might see and what could support them during their visit is helpful.

4. Parents say talking and thinking about the best way for their child to sit and stand still for their procedure before they go to hospital is helpful. You could even practice 'staying still like a statute' or 'freezing'!!

5. When you are at the hospital it is okay for you to ask staff what will be happening and in what order.

6. Even if you are feeling anxious or scared, try to appear calm, as this can help your child be stay relaxed.

7. Try and support your child to be able to share what matters to them, what they are feeling and what could help them.

8. Try and make a plan with staff for what will happen if your child becomes too upset or if things get too difficult for your child.

9. Use page 13 to think about what went well and what could be done differently next time.

# For Parents / Carers

**Before your visit**

Try completing the sentences below to help prepare for your visit.

When we arrive at hospital:

My child wants me to...

_____

_____

I will let the staff know....

_____

_____

My child and I have agreed that.....

_____

_____

We will consider stopping the procedure/test if...

_____

_____

After the procedure/test/visit, my child and I have planned to...

_____

_____

**After your visit**

To help with future visits try completing the following sentences thinking about what worked and what could be improved:

My child was great at...

_____

_____

We learnt...

_____

_____

Next time we come to the hospital what will help is...

_____

_____

_____

_____

# CERTIFICATE
# OF ATTENDANCE

On ...............................

...................... did really well during their hospital visit

Signed ................................ (Health professional)