

Child Life Department

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Dear Parents,

Your child is scheduled for surgery and you probably have many questions. One thing you may be wondering is how to talk to with your child about surgery. A child life specialist is available to help guide you through this process by:

- Answering your questions
- Explaining what to expect the day of surgery
- Providing suggestions on how to prepare your child in a developmentally appropriate way

One helpful way to prepare is to have a pre-operative tour. These tours are typically geared toward children four years and older and include an opportunity for you and your child to become familiar with the hospital environment. Generally lasting about one hour, tours include:

- A visit to the pre-operative waiting room and other areas (e.g. anesthesia recovery room, inpatient unit, etc.)
- An opportunity to explore your child's thoughts and feelings about surgery
- The development of a plan for coping with the pre- and post-operative experience

If you are interested in more information about supporting your child's developmental and emotional needs or in scheduling a tour, please contact Elizabeth or Morganne.

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For additional information, please visit our website at www.hopkinschildrens.org/childlife. Click on the "How We Help" link to find the "Preparation" page. From here you will find age-specific information about preparing for surgery and hospitalization, as well as, a link to the "Guide to Surgery" coloring book.

We wish you the best as you begin preparing for your child's upcoming procedure or surgery!