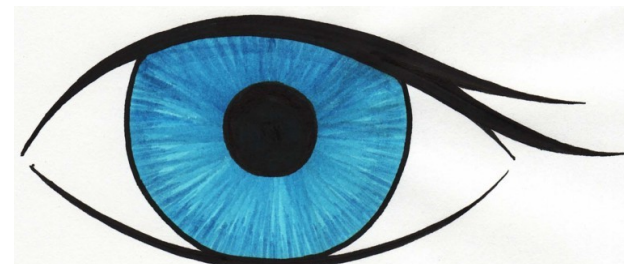
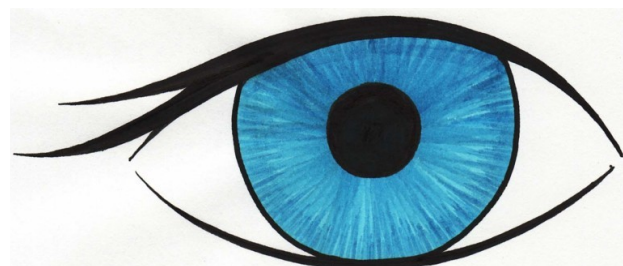


# I SPY WITH MY LITTLE EYES



By Katie Drew RN



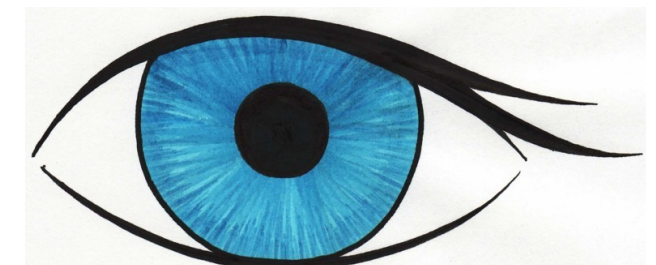
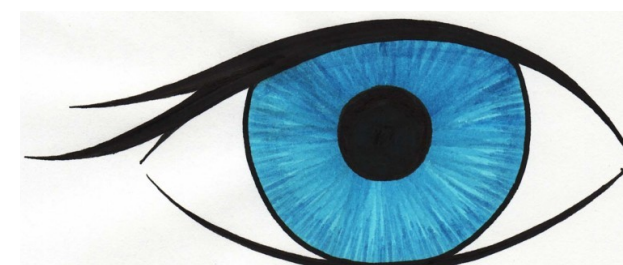
A Member of  
**cura**  
day hospitals group



Australia's leading ophthalmic day surgery

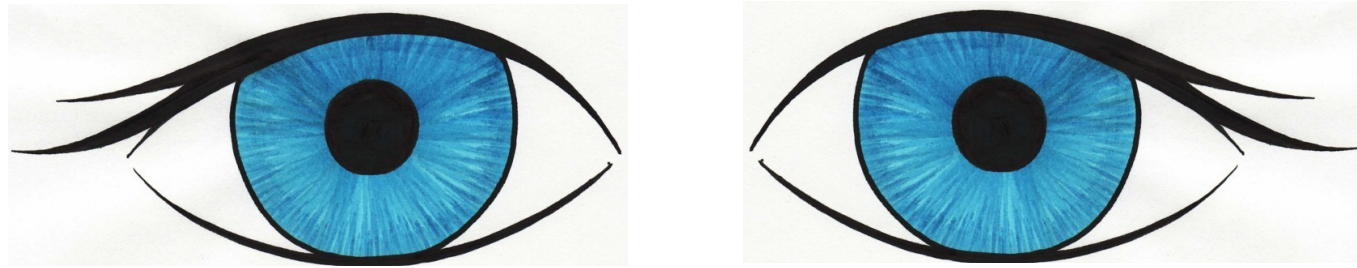
# I SPY WITH MY

# LITTLE EYES



By Katie Drew

4-7 years



Throughout this book are lots of pictures of eyes.

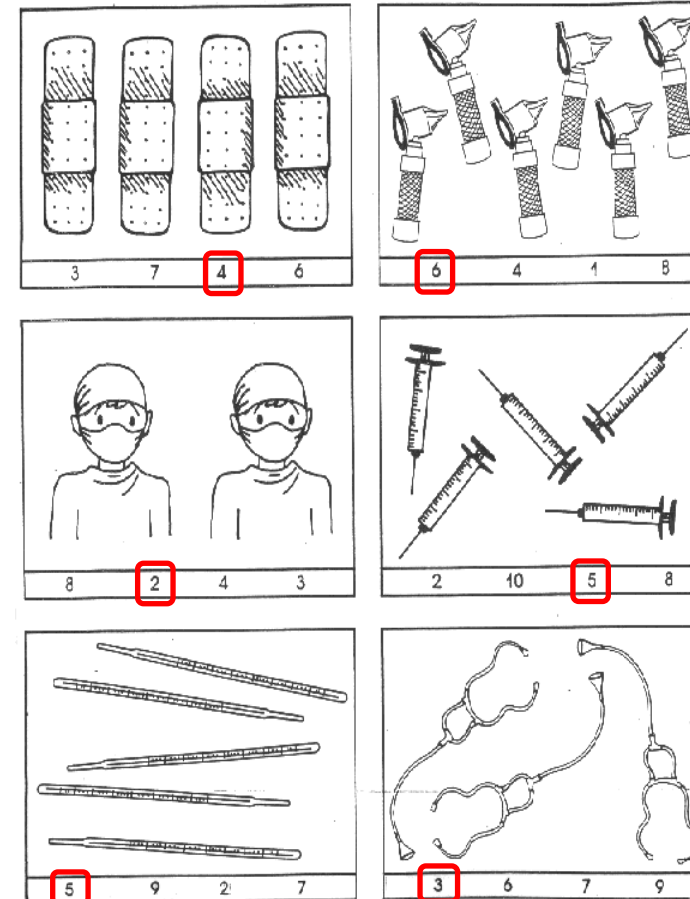
Can you find them all?



Write your answer in the space below when you have counted how many eyes are hidden in the pages.

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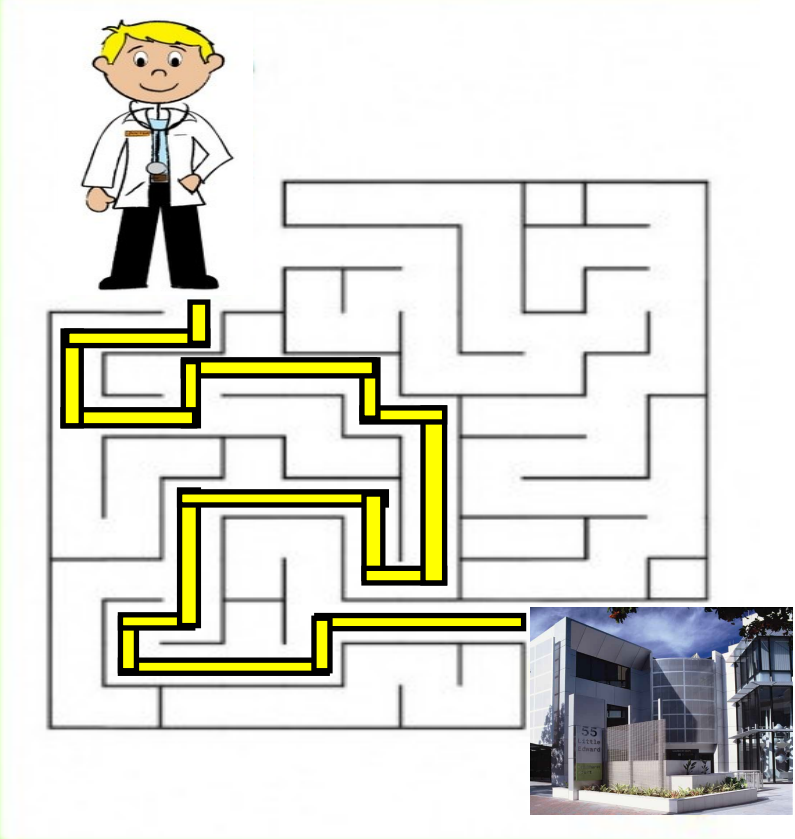
Page 27



Page 28







Page 11  
Answer:  
DO NOT EAT

T	R	A	I	N	H	Q	P	M	J
B	O	A	T	S	E	C	A	R	E
U	H	J	R	W	L	B	X	A	E
S	T	X	U	G	I	S	H	I	P
Y	B	I	C	Y	C	L	E	R	K
R	L	P	K	Z	O	V	A	P	I
K	J	E	T	S	P	H	Y	L	O
U	G	A	M	X	T	L	N	A	W
V	A	N	F	V	E	U	G	N	Q
S	U	B	M	A	R	I	N	E	I

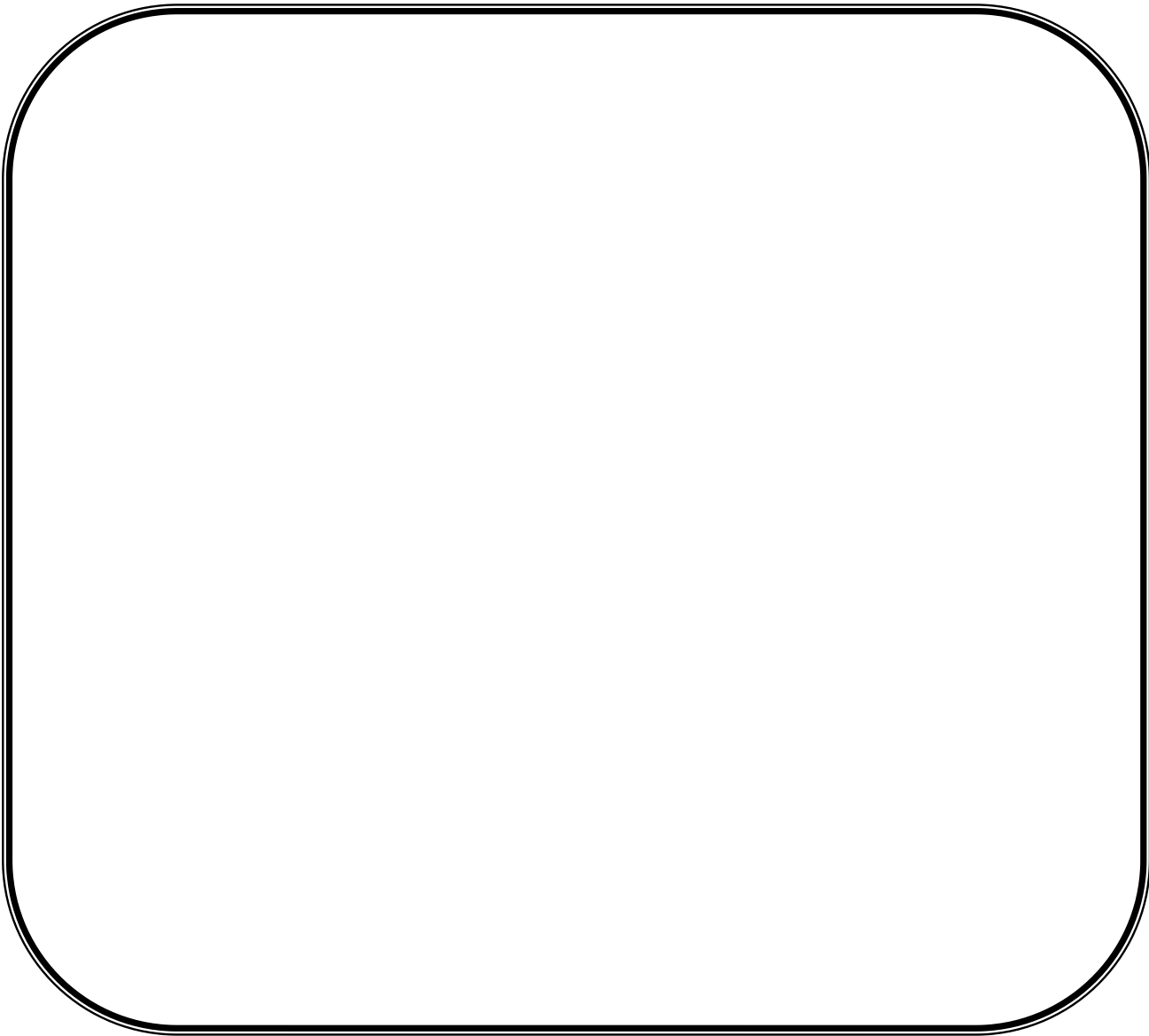
Number of eyes = 42

My name is: \_\_\_\_\_

I am \_\_\_\_\_ years old.

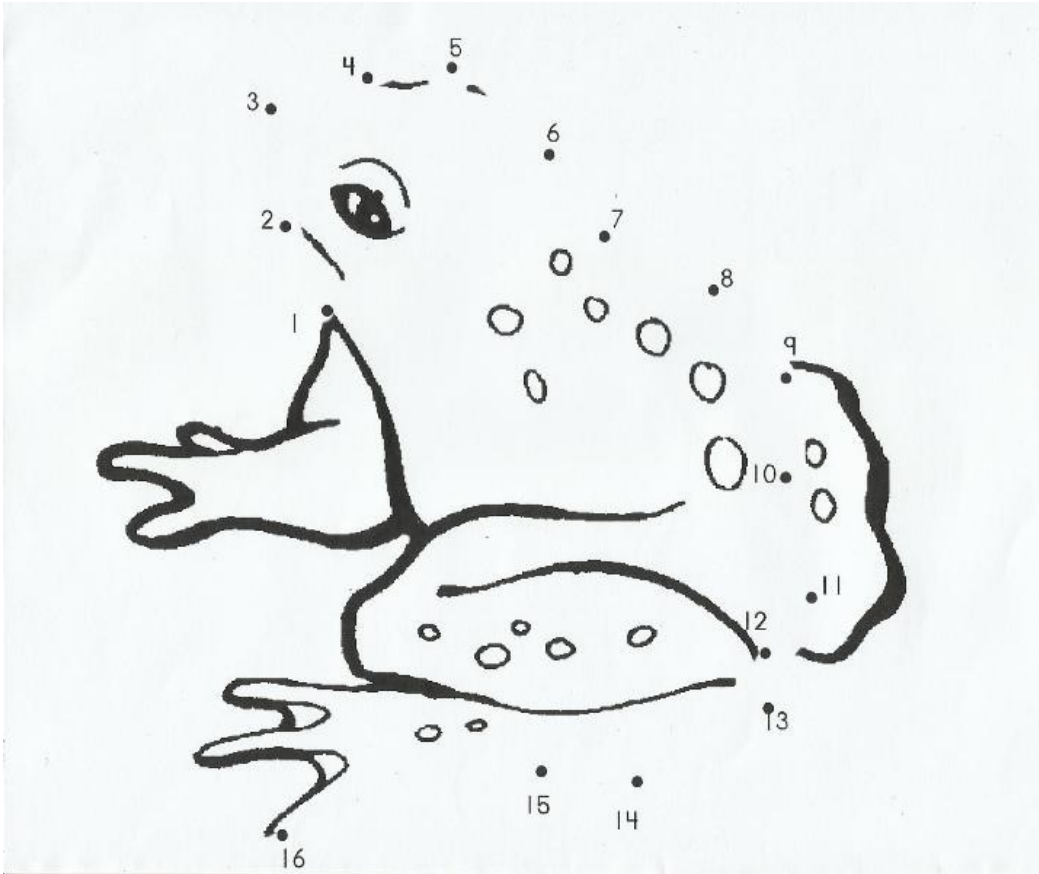
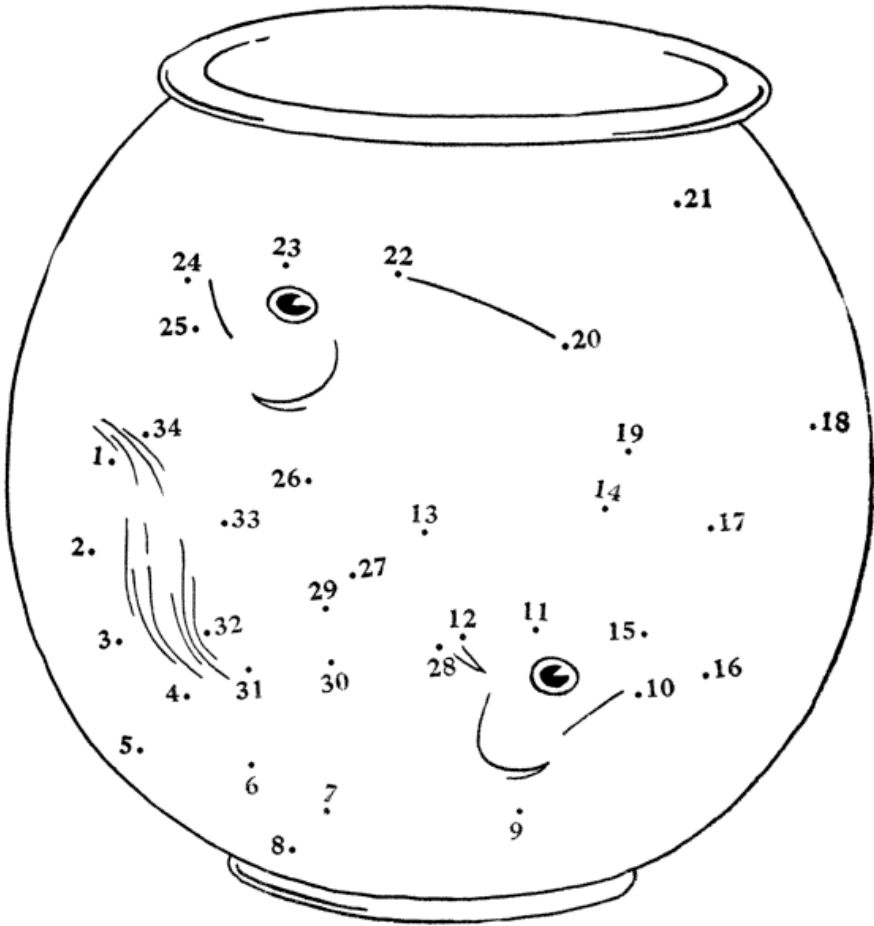
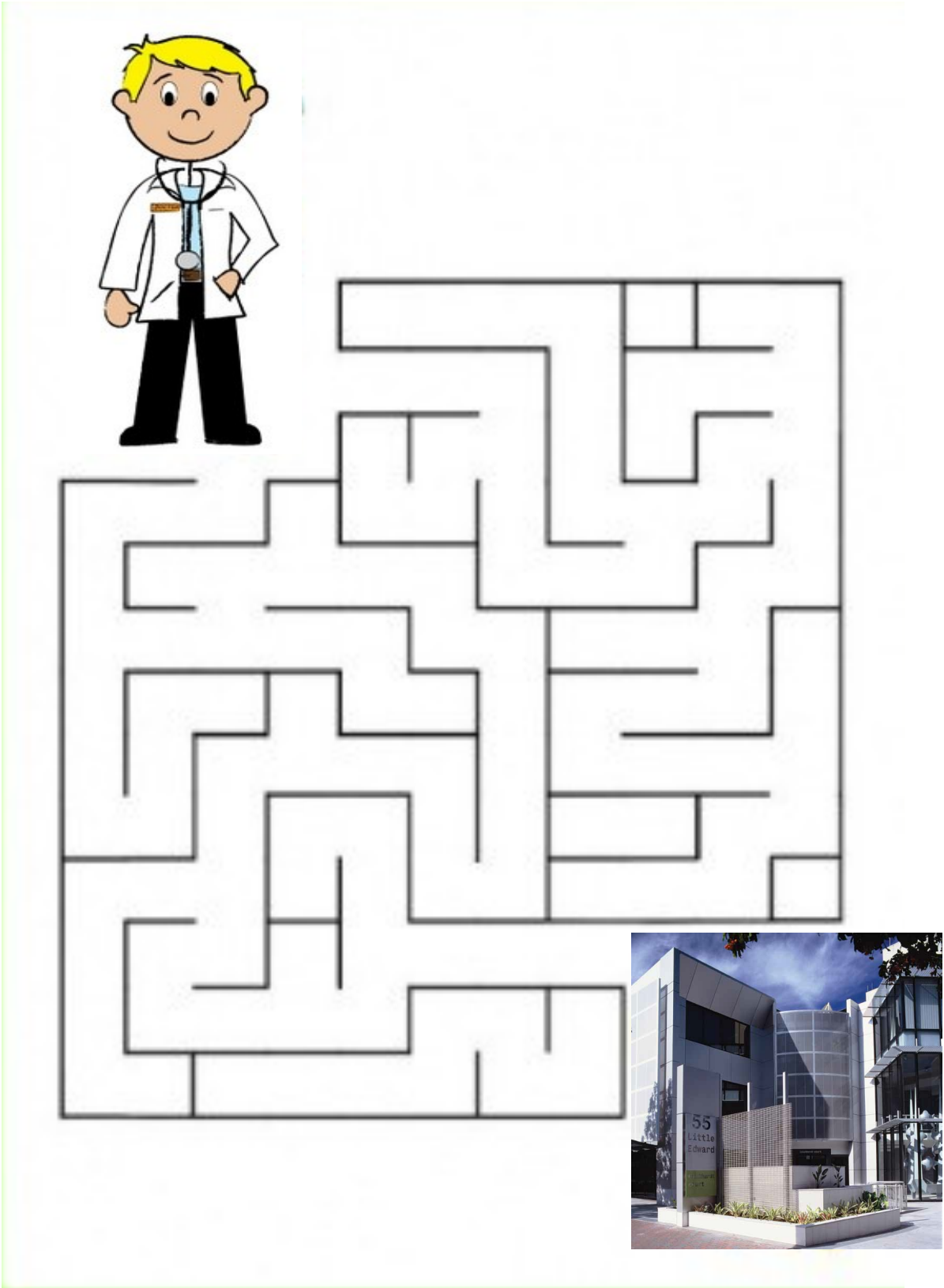
My doctor's name is: \_\_\_\_\_

My nurses names are: \_\_\_\_\_

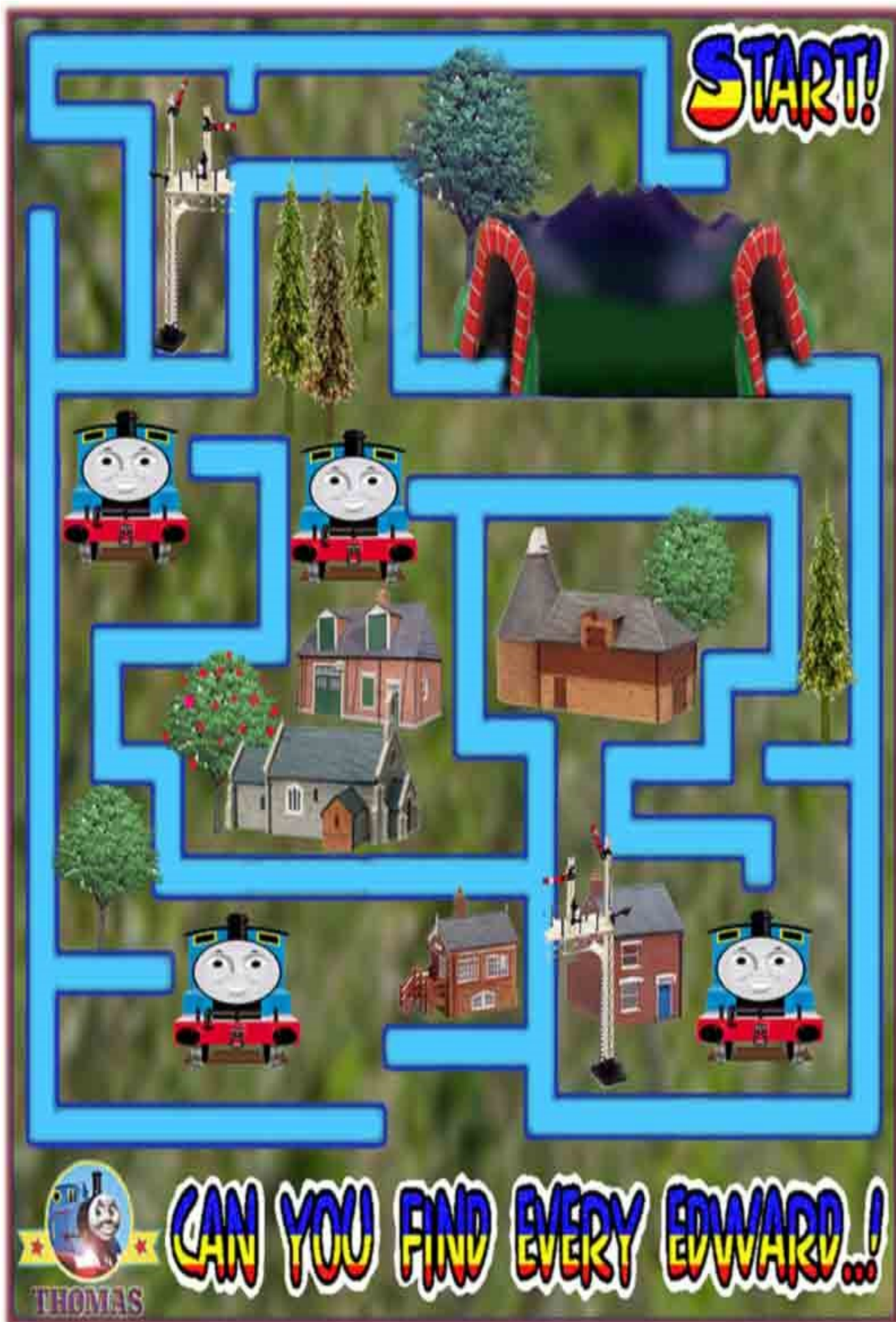



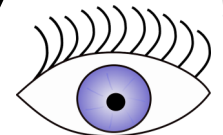
Draw a picture of your family and tell us their names.

Today I am going to the Queensland Eye Hospital.  
Help the doctor find his way to the hospital.







My  is going to make my  better.

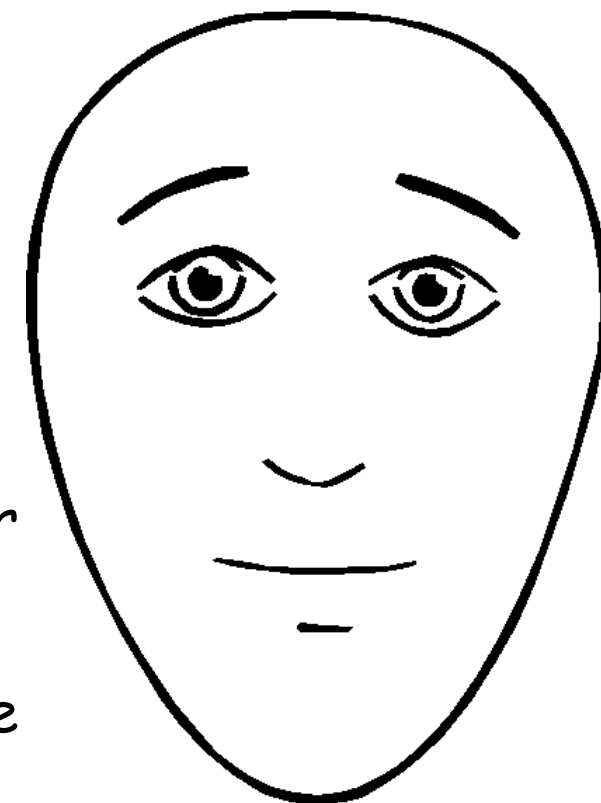
I  am having an operation on my  
(draw a patch over the eye/s you are having your operation on today)

Left

Right

What colour  
have?

Can you give  
hair?



hair do you

the face some

I am nervous about my operation but I know some tricks to help me not feel so nervous.

My tricks are called "Calm Breathing" 🧘 and "Busy Brainwaves".

### Calm Breathing

Calm breathing helps me focus on my breathing and not what is going on around me.

#### Step 1

To do calm breathing, I sit or lie in a comfortable position. Close my eyes and relax.

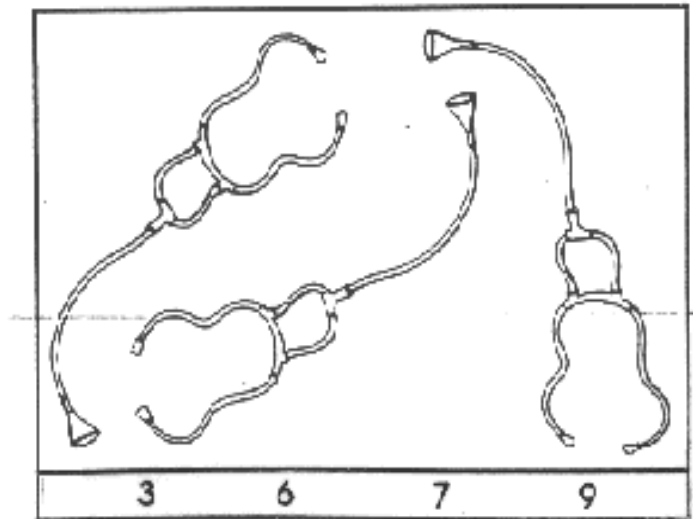
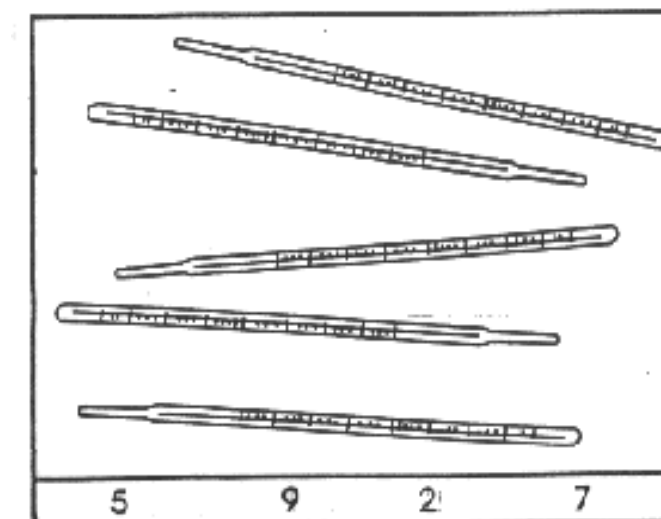
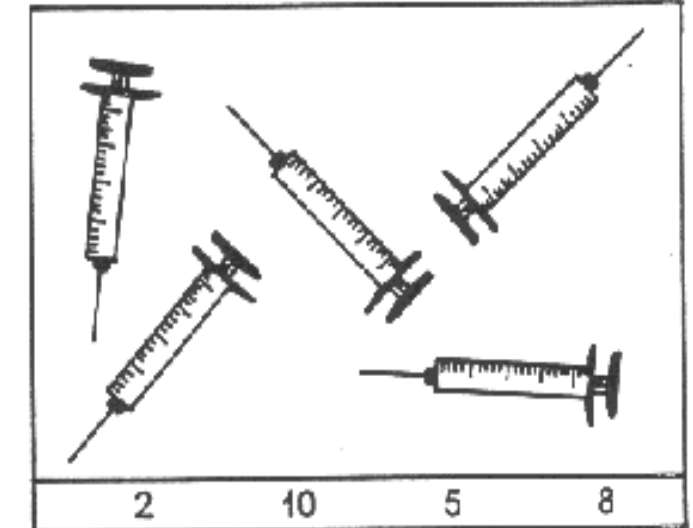
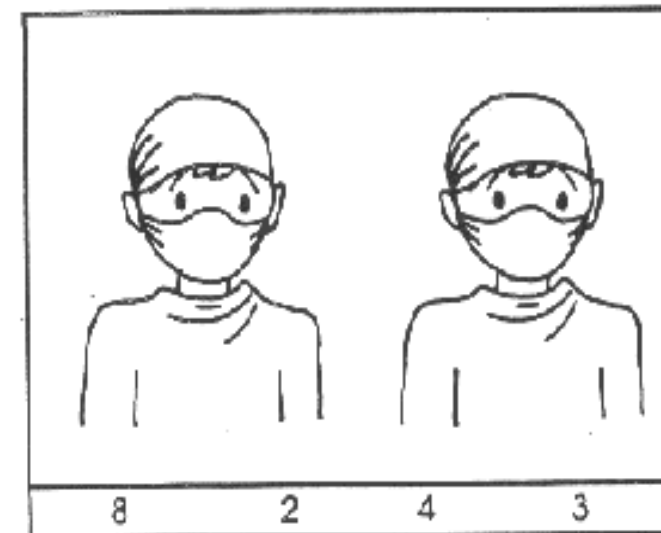
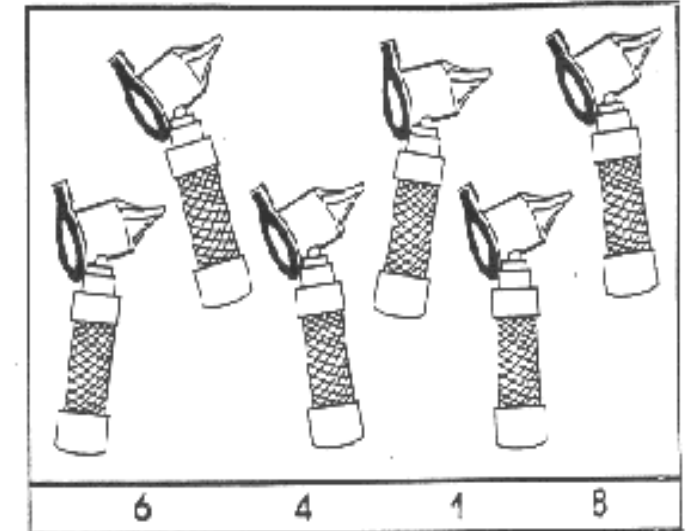
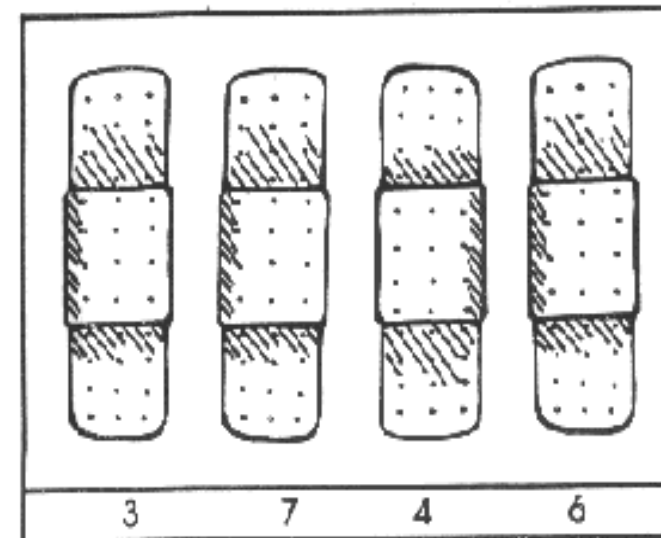
#### Step 2

Take a deep breath in by breathing through my nose.



### How Many Hospital Objects?

Count the hospital objects in each box and circle the correct number.





## JOKES

Q: Why do dogs bury bones in the ground?

A: Because you can't bury them in trees!

Doctor, Doctor I think I need glasses  
You certainly do, Sir, this is a fish and chip shop!

Q: What do you call an elephant at the North Pole?

A: Lost!

Knock Knock!

Who's there?

Doris!

Doriswho?

Doris locked that's why I am knocking!

Q: Why does lightening shock people?

A: It doesn't know how to conduct itself!

Q: How do you make fire with two sticks?

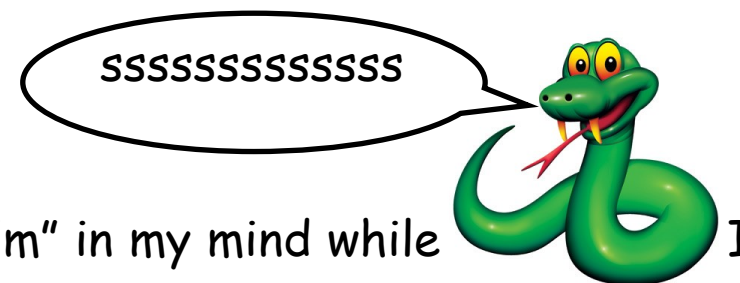
A: Make sure one of them is the match!

Q: When is a baby like a basketball player?

A: When he dribbles!

### Step 3

Let it out slowly through my mouth. I make a hissing sound and pretend I am a snake (sssssssssss) . I try and relax my body while I am doing this.

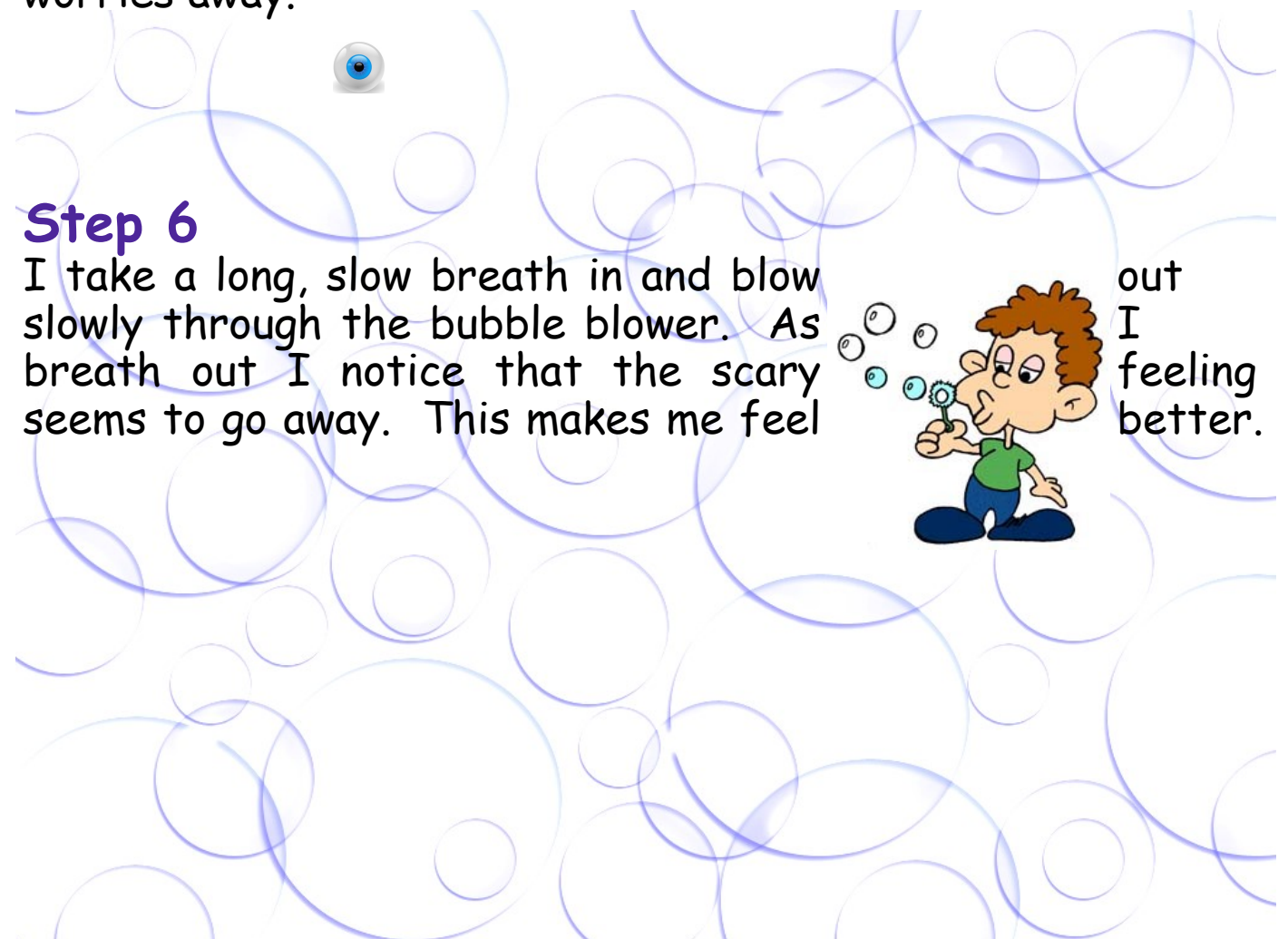


### Step 4

I like to say the word "calm" in my mind while I am breathing out

### Step 5

Sometimes I do calm breathing by blowing bubbles with my bubble blower. I imagine the bubbles are floating all my worries away.



### Step 6

I take a long, slow breath in and blow slowly through the bubble blower. As I breathe out I notice that the scary seems to go away. This makes me feel out I feeling better.

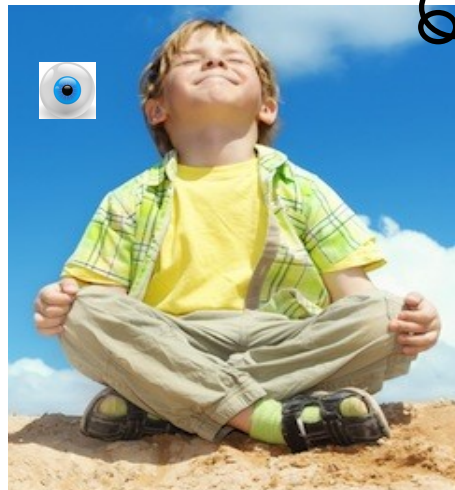
## Busy Brainwaves

Busy brainwaves help me to focus on something pleasant when you are worried or in a situation where you feel scared.

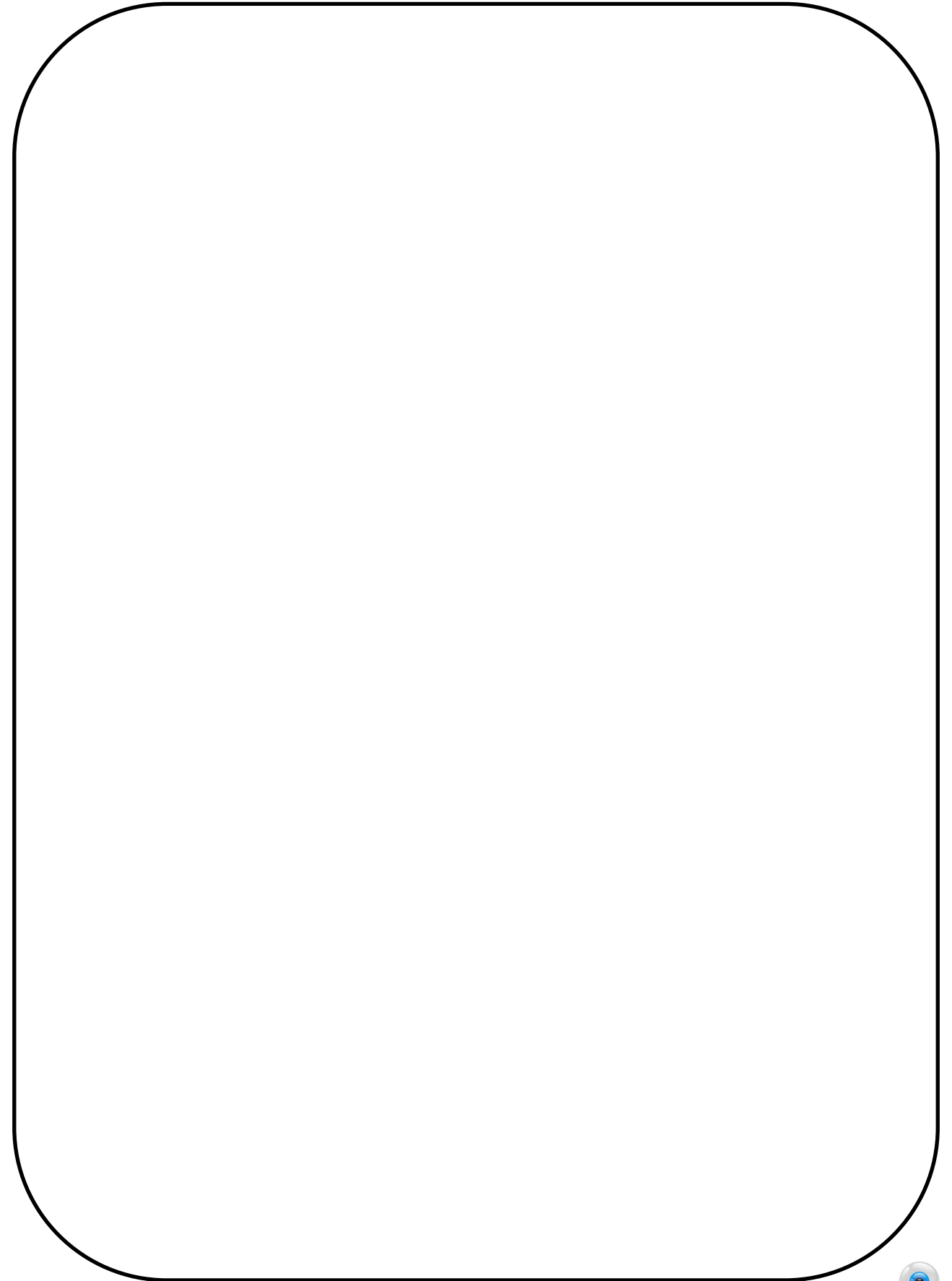
Sometimes I use busy brainwaves when I am alone or bored

Here are some ways I keep my mind busy.

- ◆ Look at the pictures and paintings on the wall and think of a story to go with them.
- ◆ Read a book
- ◆ Listen to music
- ◆ Draw a picture
- ◆ Play a game or do a puzzle
- ◆ Blow bubbles
- ◆ Play with your toys



Draw a picture of you going home.



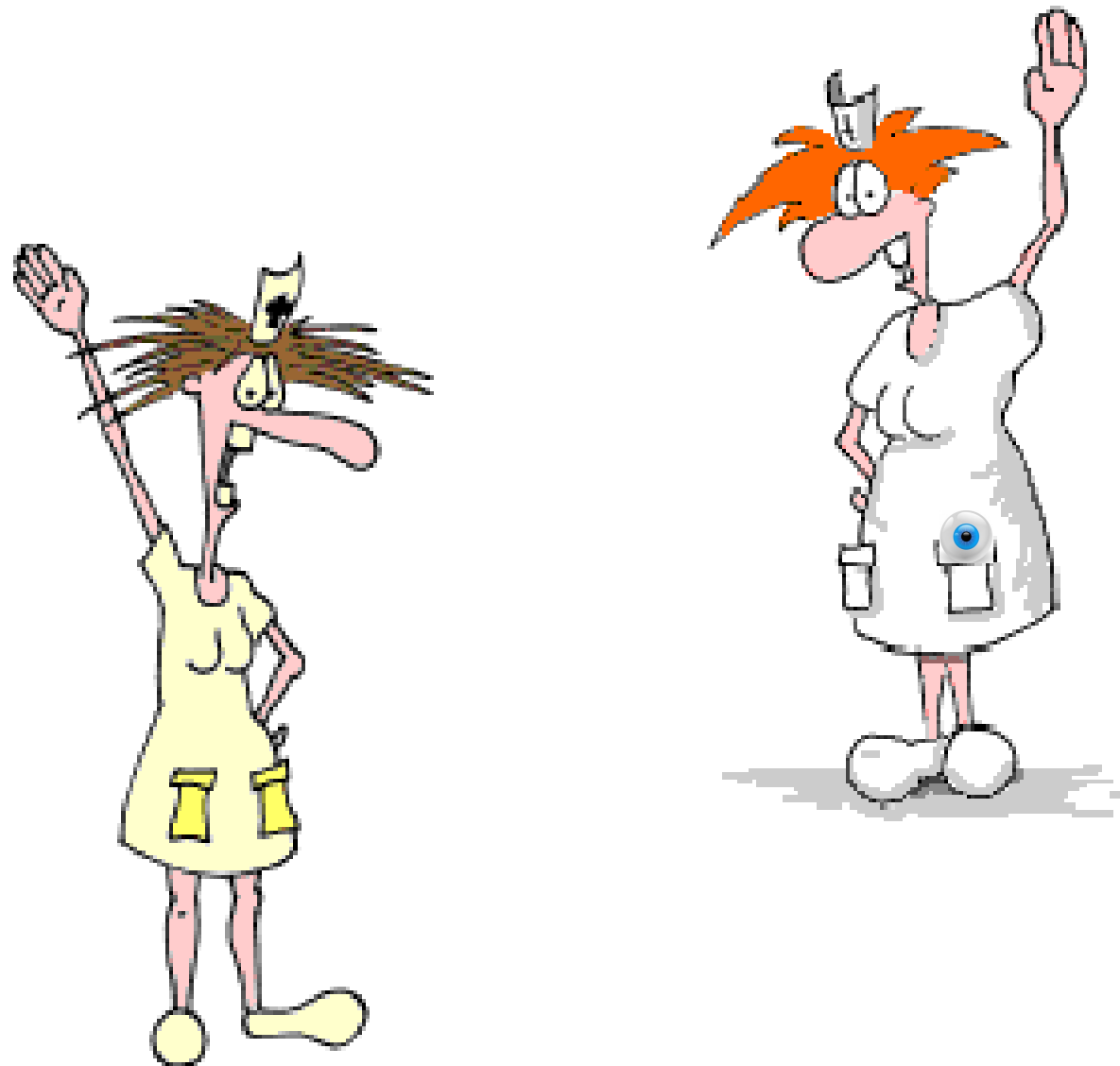


Finally it is time to go home.

My "drip" is removed and a band aid is put on my hand.

The nurses wave good bye and tell me what a brave patient I have been.

I feel very proud that I have been so brave.



Colour in the dragon and the wizard.

Getting ready to come to hospital is an important job.



I have to decide what toys, books or games I want to bring with me.



Last night I had a soapy bubble bath and washed my hair.



Mummy and I pick what to wear for my operation.

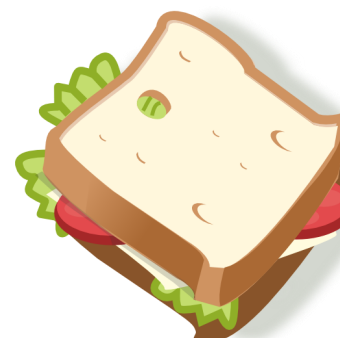
Daddy helped me choose what to wear for my operation.

Now I am awake I can have something to eat and drink. The nurses have lovely cold ice blocks which help my throat feel better.



I also have some sandwiches and a drink.

sandwiches and a drink.



I get to sit on 'Mummy's lap until it is time to go home.

While we are waiting we read a story and play with the games and toys I brought to hospital with me.







The PACU nurses take my temperature again.

They also put the soft clip on my finger again so they can make sure my oxygen level and heart beat are OK.

I can here it going "beep", "beep" , "beep" but it doesn't worry me too much because I still very tired after my long sleep.

The nurse gives me some sunglasses to keep out the bright lights, this really helps my eye feel not so sore.

Mummy and Daddy think I look really cool!

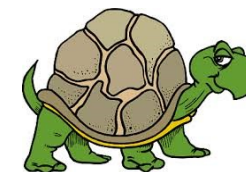


When I am more awake I move from a bed to a comfy chair.



My most important job on the morning of my operation is:

(Take the first letter of each picture and write in the space provided)




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Here we are at the hospital.

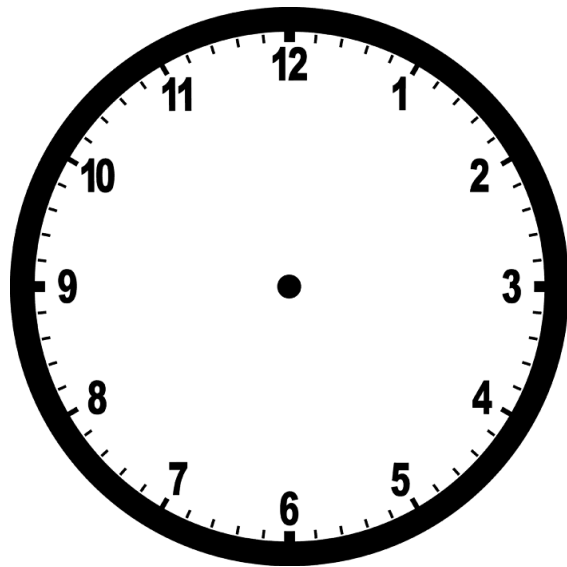


We go to the reception and my parents fill out some paperwork.

There is lots of waiting around but luckily I have my toys and games I packed to come to hospital.

Draw the time on the clock

The time  
now it is  
pre op



goes by fast and  
time to meet the  
nurse.

Now I am in the wake up room. This is called the PACU.



I will have some waking up air called oxygen on or near my face. It feels cold and tickles my nose.



The PACU nurse get my parents to come and sit with me as soon as I am awake.

I have an eye patch on and the nurse tells me it is important that I do not touch or rub my eye.



The nurses are very helpful and friendly.  
If I feel hurt or sick I'll tell the nurses.

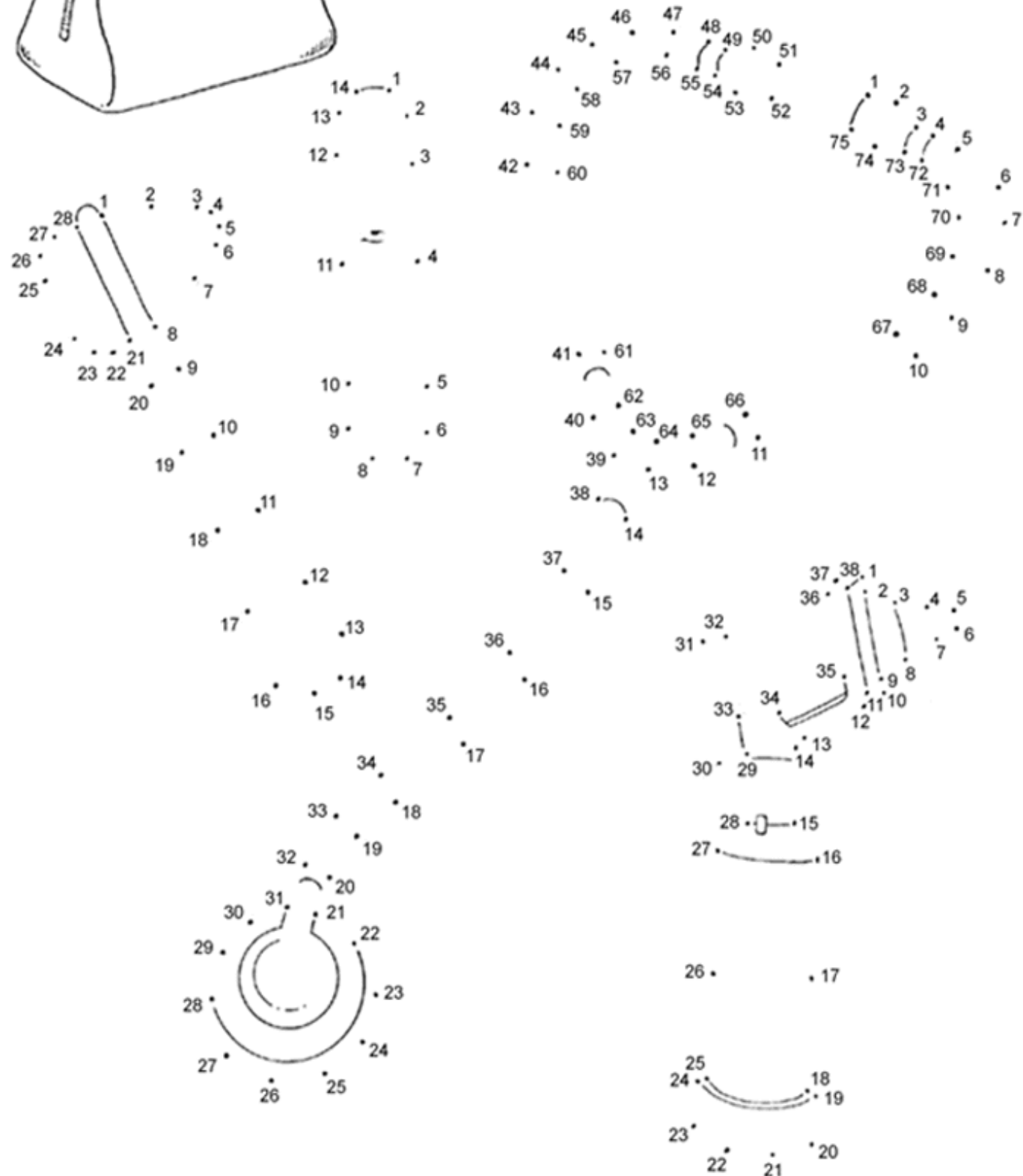


They can give me some medicine to make it better.

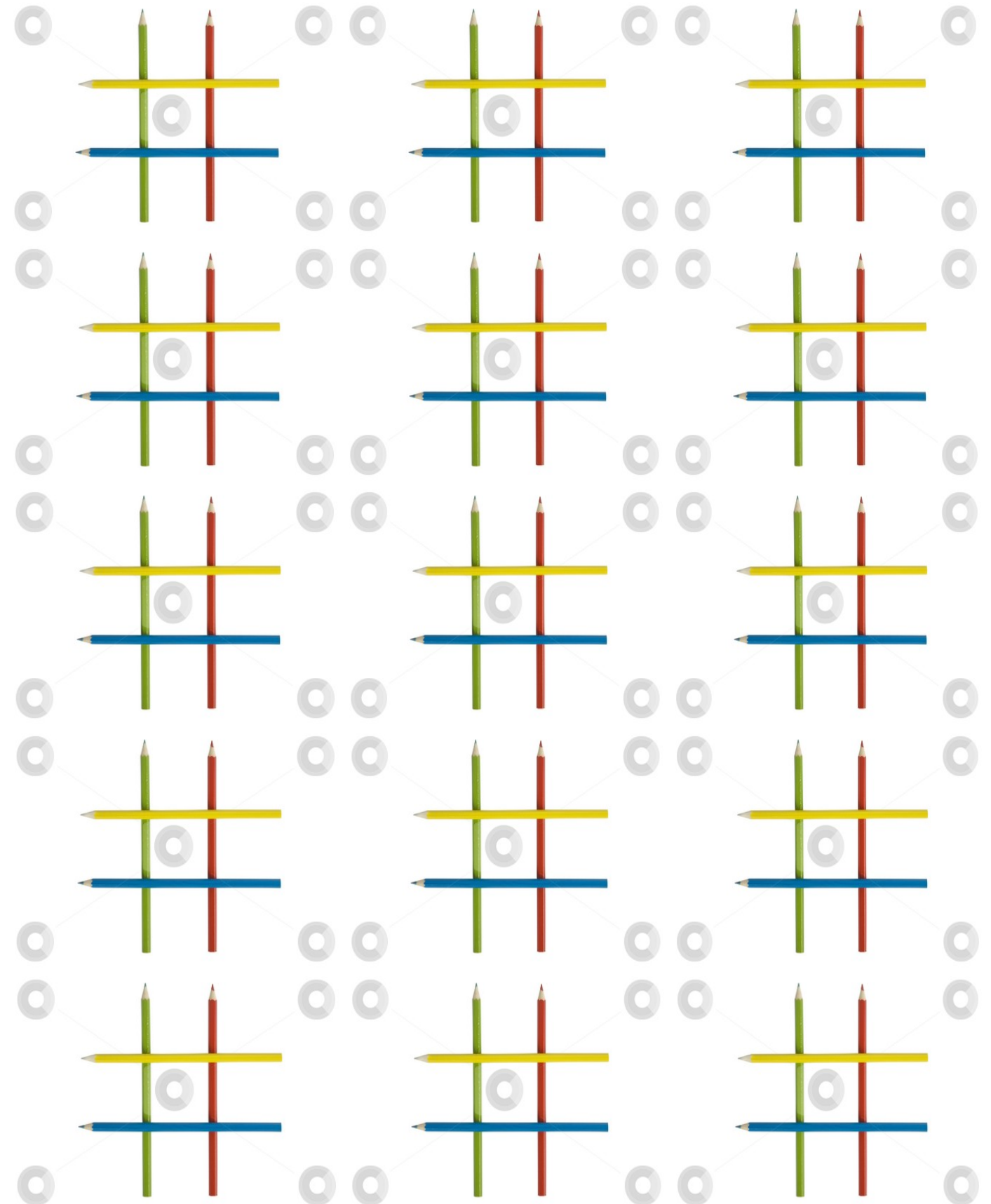




What's in the doctors bag?  
Join the dots to find out.



Tic-Tac-Toe will pass the time

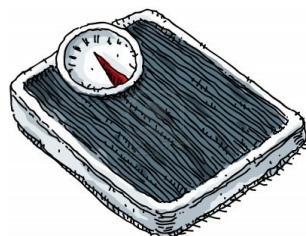


She has a friendly smile on her face and calls my name.  
 She is very helpful and answers all my questions.

First of all she checks my weight.

Next she takes my temperature in my ear. It doesn't hurt but tickles just a bit. When it is ready it goes "beep".

Then she measures my heart rate and the amount of oxygen in my blood. She puts a special soft clip with a little red light inside. The clip goes on my finger but it doesn't hurt one bit.



# Things that Go!

Can you circle the hidden word?  
 Remember to look both vertically and horizontally!



AIRPLANE



BICYCLE



BOAT



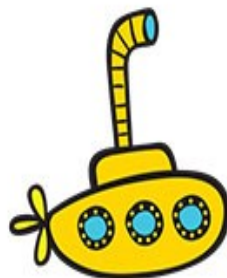
BUS



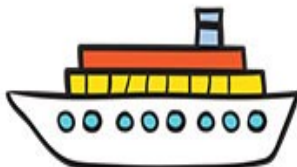
VAN



TRUCK



SUBMARINE



SHIP



TRAIN



CAR



JET



JEEP



HELICOPTER

T	R	A	I	N	H	Q	P	M	J
B	O	A	T	S	E	C	A	R	E
U	H	J	R	W	L	B	X	A	E
S	T	X	U	G	I	S	H	I	P
Y	B	I	C	Y	C	L	E	R	K
R	L	P	K	Z	O	V	A	P	I
K	J	E	T	S	P	H	Y	L	O
U	G	A	M	X	T	L	N	A	W
V	A	N	F	V	E	U	G	N	Q
S	U	B	M	A	R	I	N	E	I



Now it's my turn to help my anaesthetist. He gives me a mask to hold which has "funny" smelling air.



I have to pretend I am blowing up a big balloon.

The "funny" smelling air will make me go to sleep. Some kids have sleepy medicine put through a plastic straw called a "drip" in their hand but they only remember a few seconds before they go to sleep. The anaesthetist make sure I don't feel any pain while I am asleep and will keep giving me the "go to sleep" air until my operation is finished and it is time to wake up.

My pre op nurse asks my parents lots of questions about me.

The pre op nurse puts a name band on my ankle. It tells everyone who I am !

I get a funny hat to put on looks like a shower cap.



blue which



The nurse also put eye. Sometimes sting but only for a couple of



drops in my these drops seconds.

I use my "busy take my mind off




brainwaves" to the stinging.

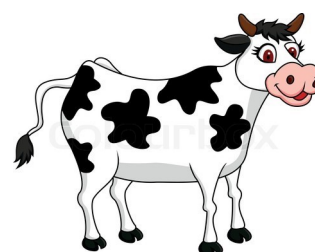
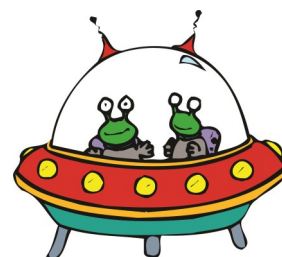
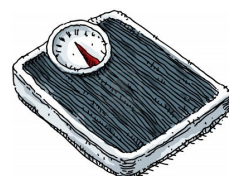


The nurse also puts some special magic cream on my hand and covers it with a clear plastic Band-Aid.




This makes my skin go numb so the My doctor can put a plastic straw in my  hand without it hurting. This is where he gives me the medicine that makes me stay asleep during my operation.

Circle all the items you have seen today



Now I am ready to see my anaesthetist. The anaesthetist is a special doctor who puts me to sleep and keeps me asleep while the surgeon does my operation.

My anaesthetist explains every-  thing to me and makes me feel safe.

It's almost time for me to have my operation. Here comes my anaesthetic nurse. She has a friendly smile and happy eyes which makes me feel not so afraid.

In the operating theatre there are doctors and nurses wearing blue pajamas, shower caps and masks.

It's time to kiss my parents goodbye and give them a big hug before I go off to sleep.

