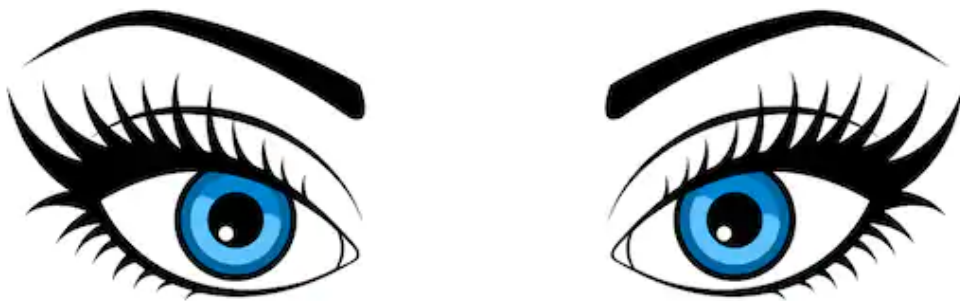




I Spy With My Little Eye



Through 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.

My name is _____.

I am _____ years old.

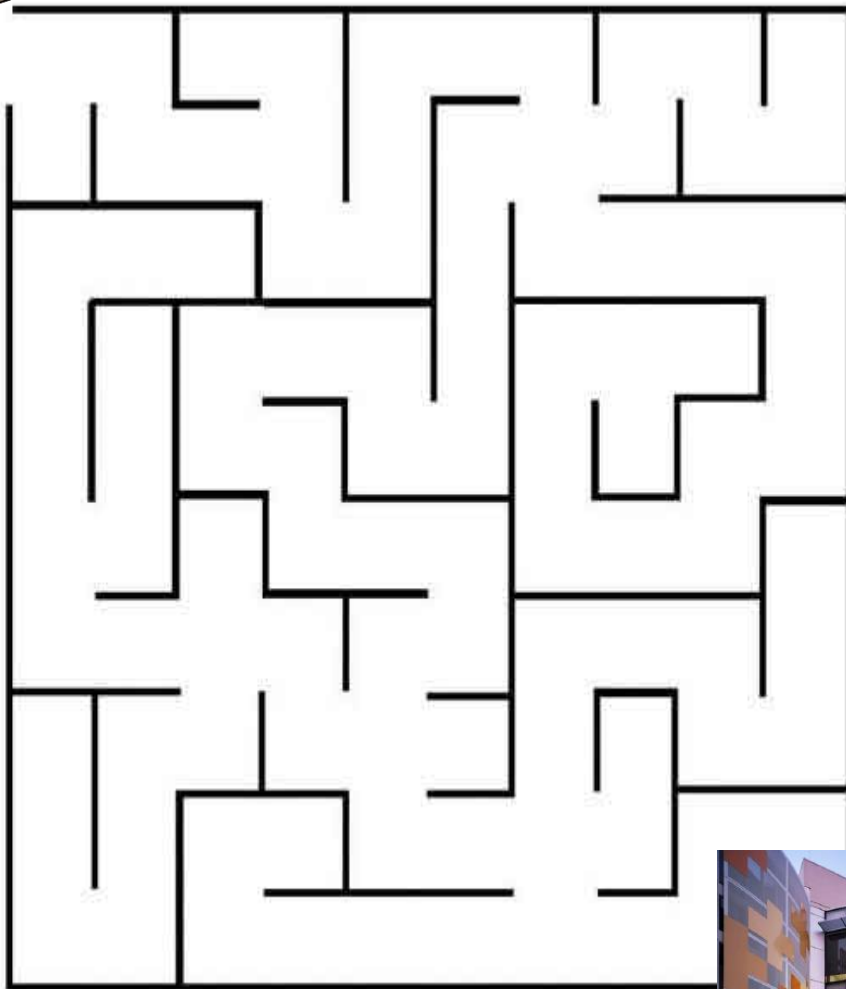
My doctor's name is _____.



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

Today I am going to the
Queensland Eye Hospital.

Help the doctor find their way
to the hospital.



My doctor is going to make
my eye better.

Draw a patch over the eye/s
you are having your operation
on today.



Left

Right

What colour hair do you have?
Can you give the face some features?



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

My tricks are called
“Calm Breathing”,
“Busy Brainwaves” and
“Muscle Relaxation”



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

I take a deep breath in by breathing through my nose.

Step 3

Let it out slowly through my mouth. I make a hissing sound and pretend I am a snake (ssssss). 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 out slowly through the bubble blower. As I breath out I notice that the scary feeling seems to go away. This makes me feel 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 walls 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 toys



Muscle Relaxation

When I feel uptight or nervous I use special relaxation techniques that help me feel calmer. I usually sit in a comfortable chair or lie on a bed and squeeze tight muscles in different parts of my body, hold them tight while I count to 8 and then relax.



Relaxing my hands

I pretend I have a tennis balls in my left hand. I squeeze the ball really hard while I count to 8. I feel the tightness in my hand and arm. Then I relax and let my hand and arm go floppy and soft. I do the same with my right hand.



Relaxing my arms and shoulders

Now I pretend I am the strongest person in the world. I flex my muscles and show everyone how big they are while I count to 8 then I relax my arms and shoulders.



Relaxing my jaw

Next, I pretend I am a rock monster biting down on a hard rock cake. I must bite hard and use all my neck and jaw muscles. Then I relax. The rock cake is really hard and I have to bite again to bite some off. I bite down hard using all my neck and jaw muscles and then relax. Finally, I bite a piece off.

Relaxing my face

I imagine a butterfly has landed on my nose and I must get it off without using my hands. I screw up my nose tightly and count to 8.

Good he has flown away.

Oh No! He has landed on my forehead.

I wrinkle up my whole face and count to 8. Whew! Now the butterfly has gone for good. I relax my face and it feels great.



Relaxing my stomach

Now I pretend I am putting on my little brothers' jeans. They are way too small. I am trying to button them up. I squeeze my tummy muscles tight to do the button up. I can't get them done up. I relax. I try again. I suck my tummy in tightly and count to 8. No way are they going to fit! I relax and decide to find a pair of jeans that fit.



Relaxing my legs and feet

Lastly, I imagine I am lying on the soft sand at the beach. I wiggle my toes in the sand. I imagine feeling the warm sand moving between my toes. I dig my toes into the sand and push my heels down into the sand then count to 8. I relax.

I squish my toes into the sand again
and press my feet into the sand
while I count to 8. I relax.

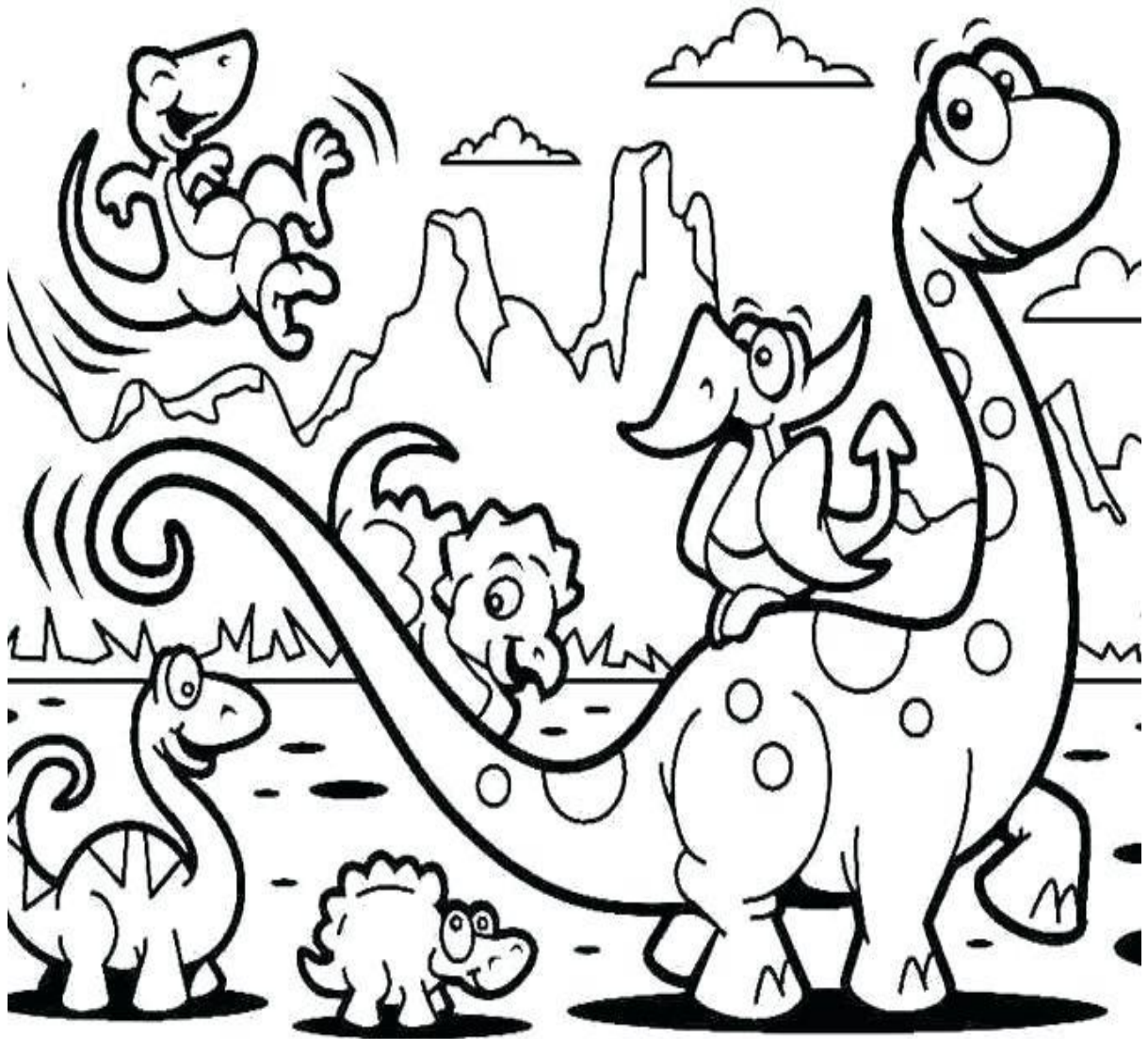


Now I have relaxed all my muscles.

I let myself go soft and floppy. I
close my eyes and enjoy how I feel
with all my muscles relaxed.



Colour Me In



Getting ready to come into hospital
is an important job.

I must 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 Daddy helped me pick
what clothes to wear to my
operation.



The most important job on the morning of my operations is:

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

















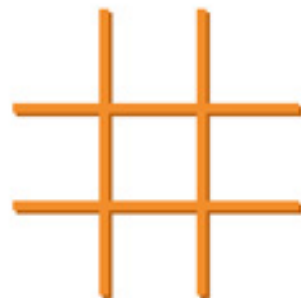
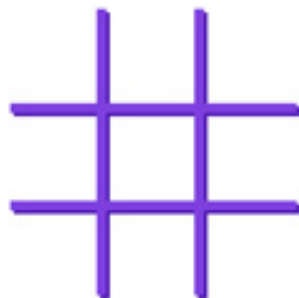
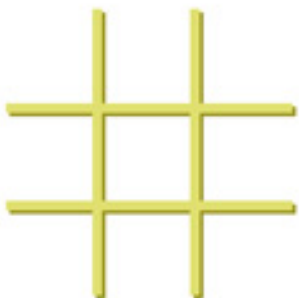
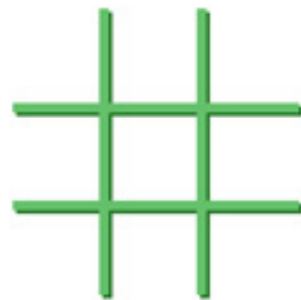
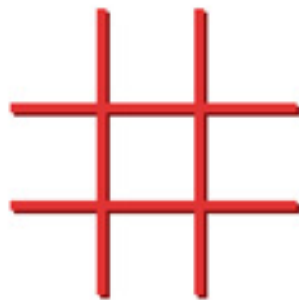
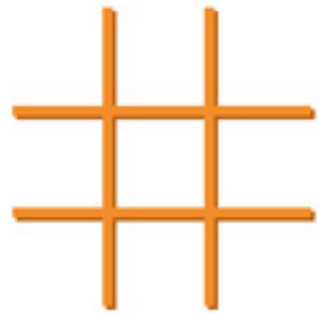
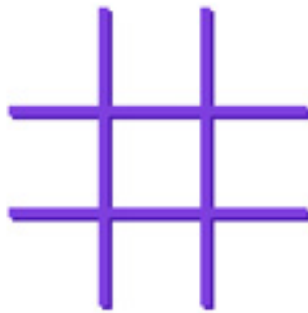
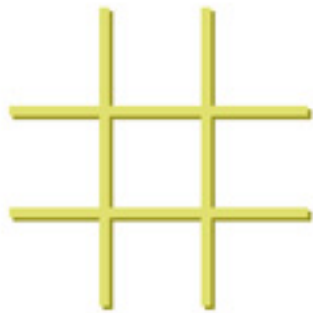
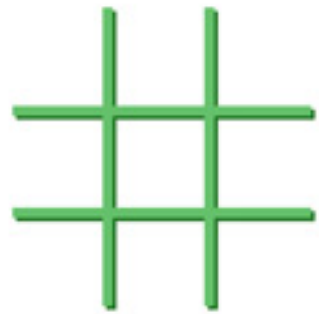
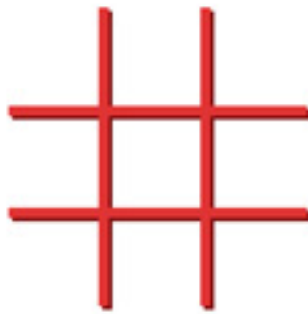
When I arrive at the hospital my family and I will go to reception.



My parents take care of all the paperwork.

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

Tic-Tac-Toe will help pass the time.



When it's time to meet the nurse, she has a friendly smile on her face and calls me by my name. She is very helpful and answers all my questions.



First, the nurse checks my weight.

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



The nurse then measures my heart rate and the amount of oxygen in my blood. This is done by using a machine called an oximeter.

The oximeter is a special soft clip with a little red light inside. The clip goes on my finger and it doesn't hurt one bit!



My nurse asks my parents lots of questions about me.

A name band is taped around my ankle to tell everyone who I am!



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

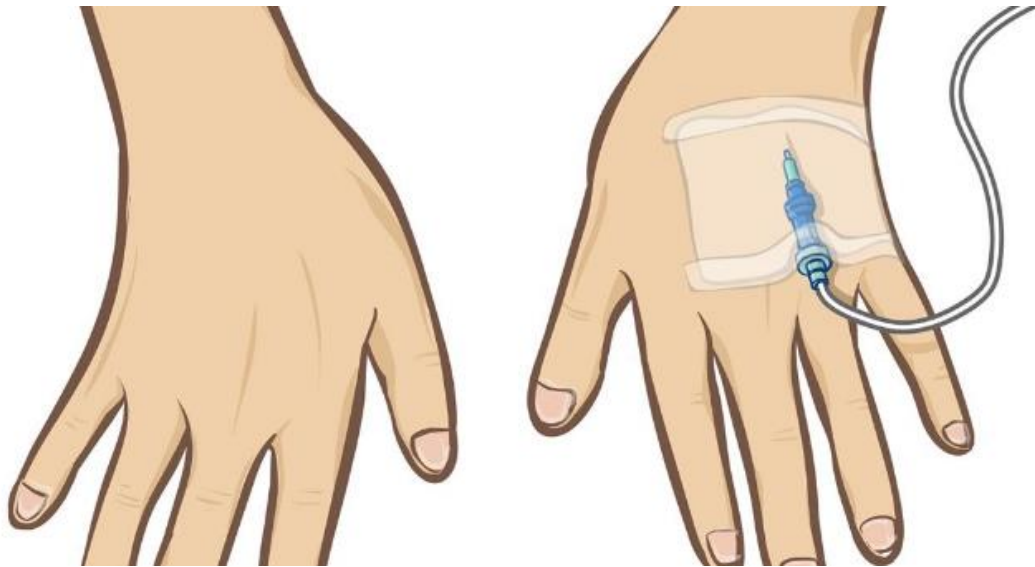
The nurse may put drops in my eye. Sometimes these drops sting but only for a short time.



I use my “Busy Brainwaves” and “Calm Breathing” to take my mind off the stinging.

Some special magic cream might be put on my hand and is covered with a clear plastic Band-Aid.

This makes my skin go numb so my doctor can put a plastic straw called a “Drip” in my hand without it hurting. This is where he gives me the medicine that makes me go to sleep for 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 everything 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 pyjamas, shower caps and masks.


It's time to kiss my parent's goodbye and give them a hug before I fall asleep.



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



I must 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 the straw on their hand but they
only remember for a few seconds before
 they go to sleep.

The anaesthetist makes sure I don't feel any
pain and will give me the funny smelling air
until my operation is finished and its time
to wake up.

Things that Go!

Can you circle all the hidden words?
Remember to look both vertically and horizontally.



AIRPLANE



BICYCLE



BOAT



BUS



VAN



TRUCK



SUBMARINE



SHIP



TRAIN



HELICOPTER



CAR



JET



JEEP

Now I am in the wake-up room. This is called 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 gets my parents to come and sit with me as soon as I am awake.

I may 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 sore or sick I'll tell the nurses.
They can give me some medicine to make it better.

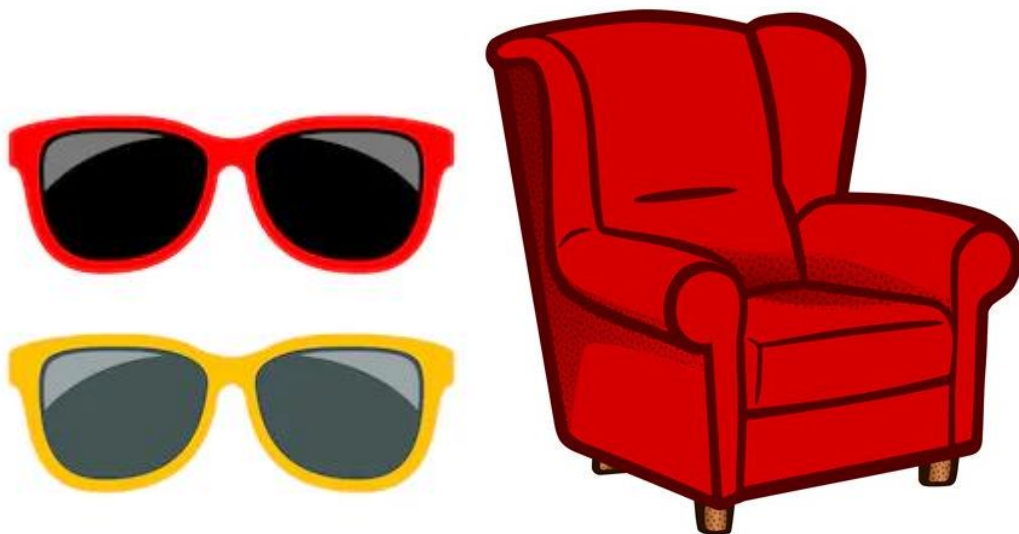
The PACU nurses take my temperature again. They also put the oximeter on my finger again so they can make sure my oxygen level and heart beat are ok.

I can hear the “BEEP, BEEP” but it doesn’t worry me too much because I am 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.

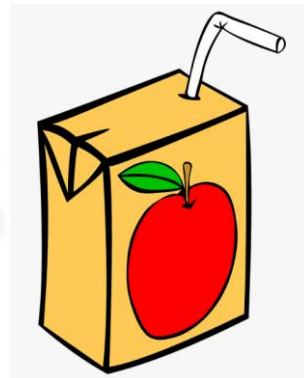
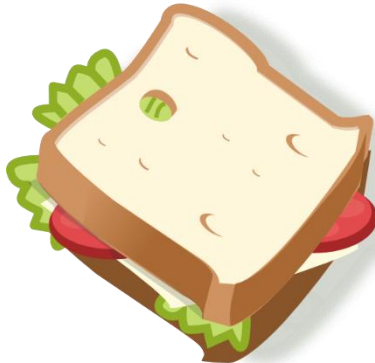
Mummy and Daddy think I look really cool!



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



I can also have some 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.

Finally, it is time to go home.



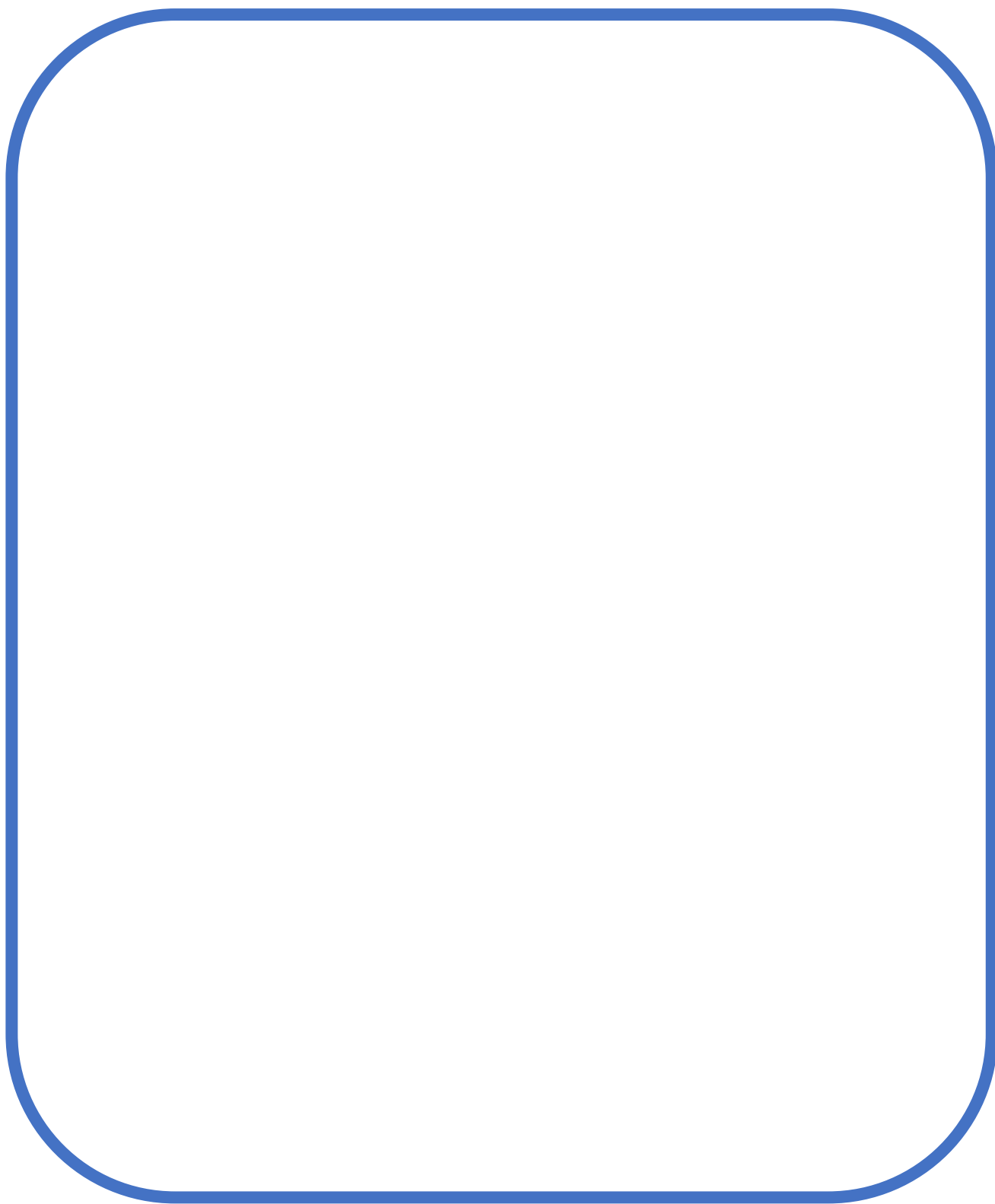
My “Drip” is removed and a Band-Aid is
put on my hand.

The nurse waves goodbye and tells me
what a brave patient I have been.

I feel very proud that I have been so brave!



Draw a picture of you going home.



Jokes

Q: What do you call a potato wearing glasses?

A. A spec-tator!

~ ~ ~ ~ ~

Q. What do you call a deer with no eye?

A. No eye-deer!



~ ~ ~ ~ ~

Knock, Knock.

Who's there?

Doris!

Doris who?

Doris is locked that's why I am knocking!

~ ~ ~ ~ ~

Q. What did one eye say to the other eye?

A. Between you and me, something smells!

~ ~ ~ ~ ~

Q. Why did the phone wear glasses?

A. Because he'd lost all his contacts!



~ ~ ~ ~ ~

Q. What did the sailor say to the captain of the boat?

A. Eye-Eye Captain!

Medical Word Search

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

Find these words:

BANDAGE
BLOOD
CAST
CHECKUP
DOCTOR
FEVER

HEARTBEAT
HEIGHT
MEDICINE
NURSE
PHARMACY

STETHOSCOPE
STITCHES
THERMOMETER
VACCINE
WEIGHT
XRAY

Who is sitting on the Lilly Pad?

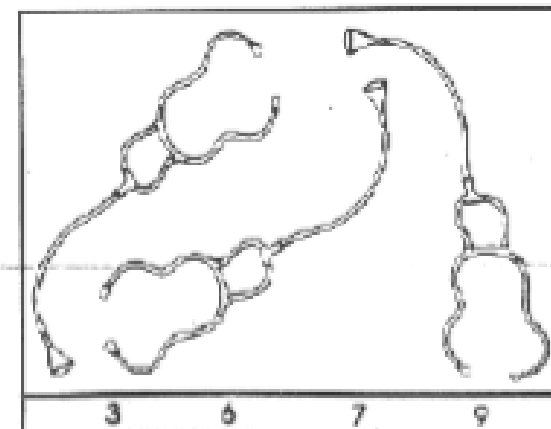
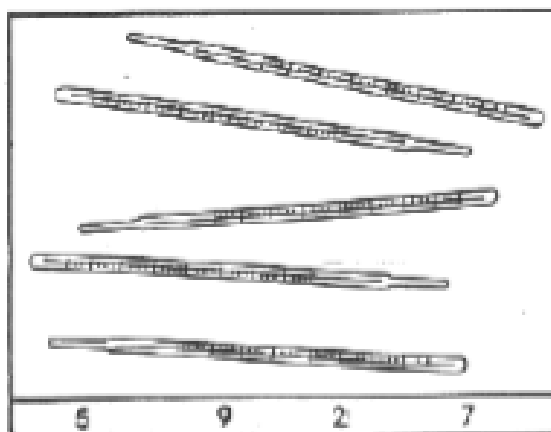
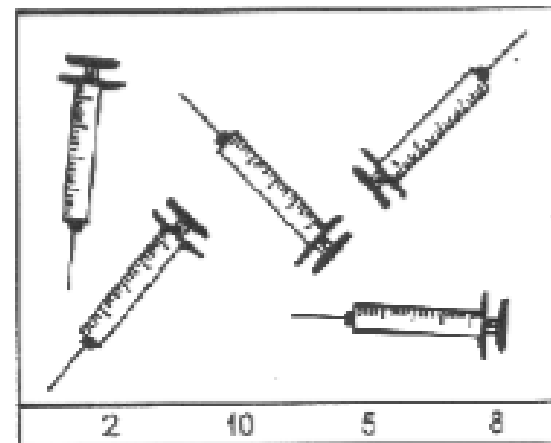
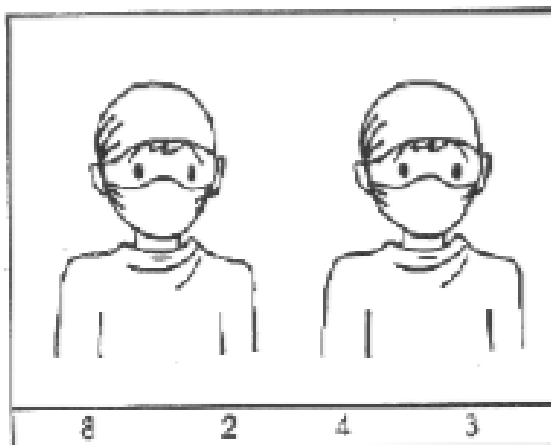
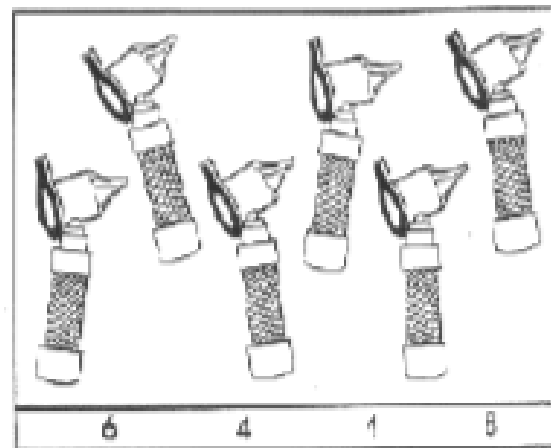
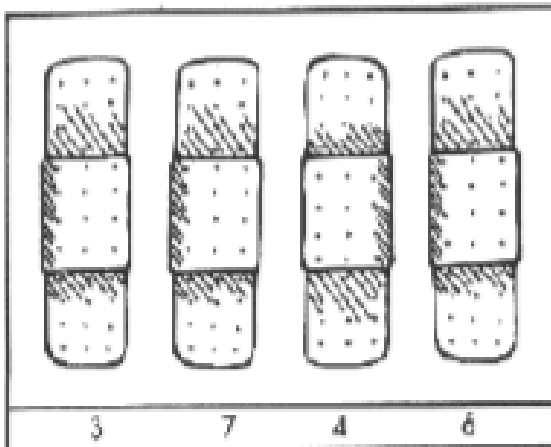
Q. Why are frogs so happy?



A. Because they eat whatever bugs them!

How many hospital objects?

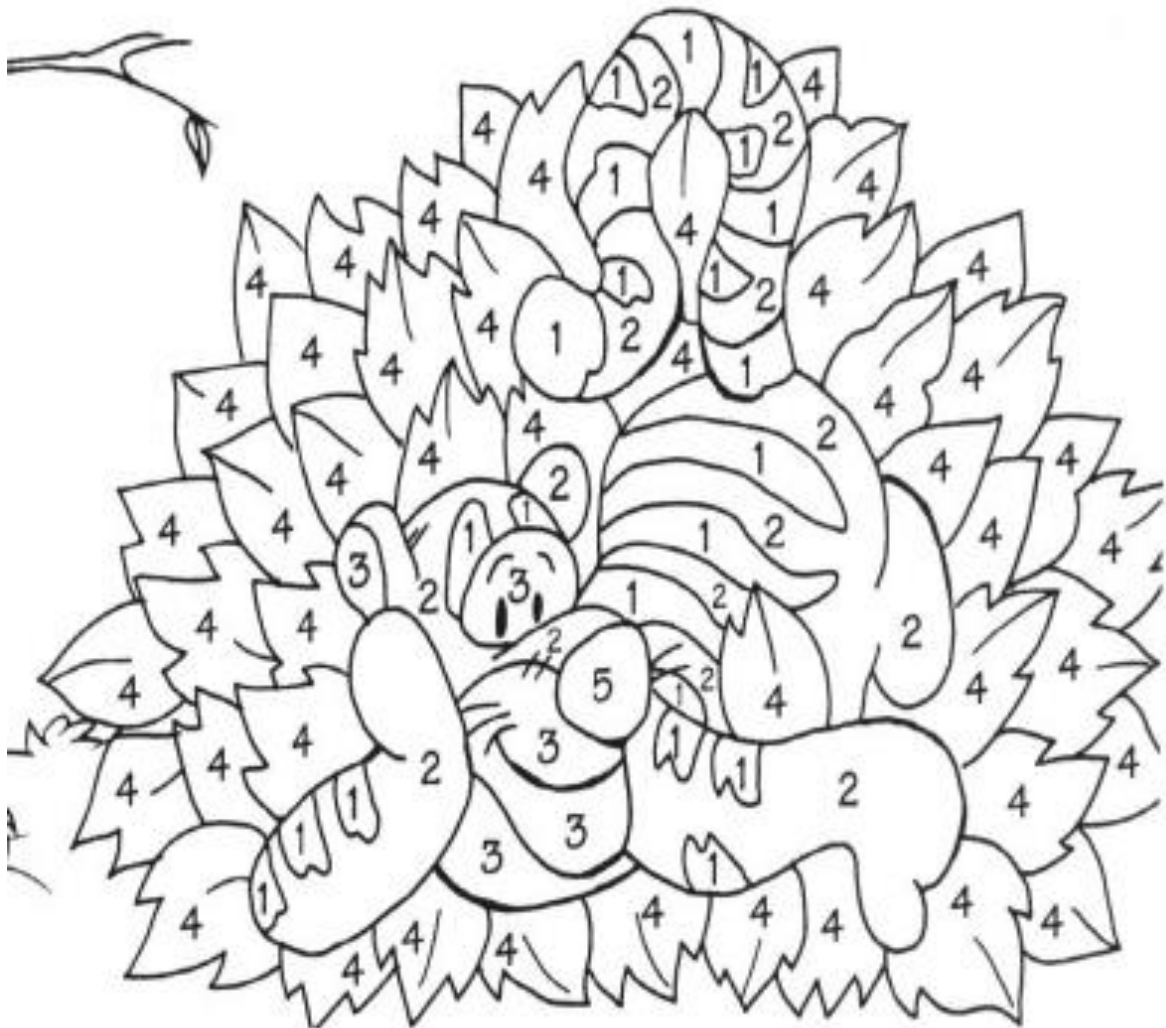
Count the hospital object in each box and circle the correct number.



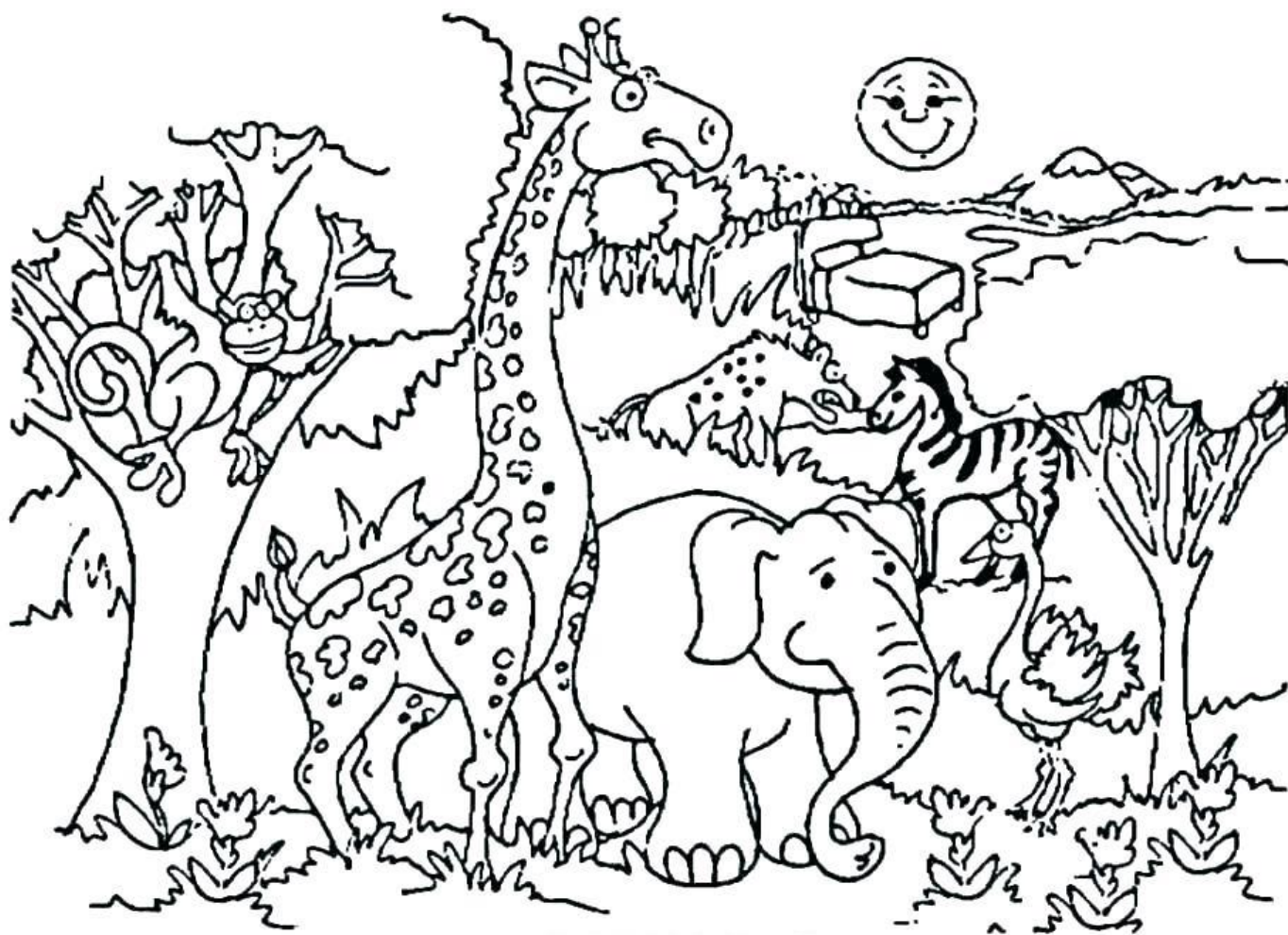
Who is hiding in the bushes?

Use the colour code below to colour the numbered spaces and find out who is hiding in the bushes.

1 = Black 2 = Orange 3 = Yellow
4 = Green 5 = Pink



Colour Me In



Who is eating the Banana?

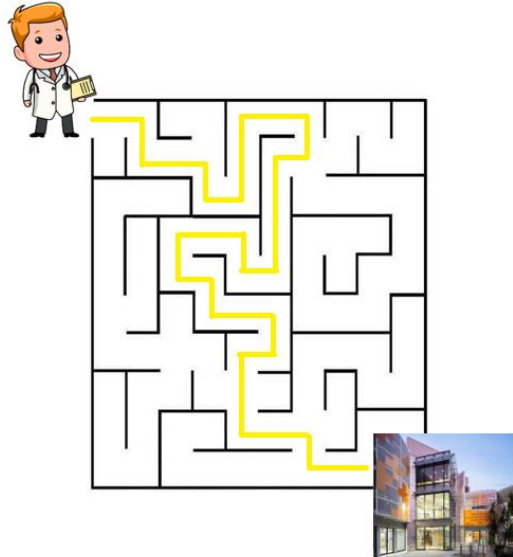
Q. What kind of key open a banana?



A. A Monkey!

Answers

Page 3



Page 15

Do Not Eat

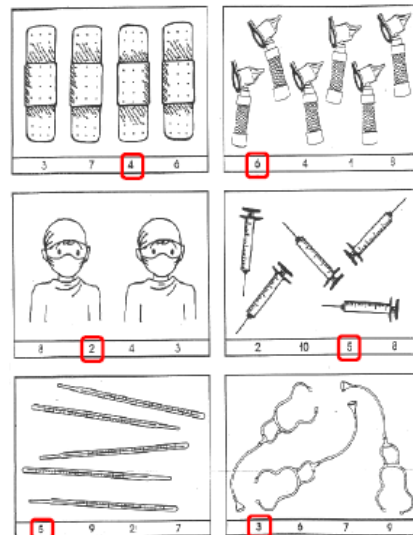
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Page 33



Total Number of Eyes: 19



www.curagroup.com.au/queensland-eye-hospital

L:\5. Administration\5.4 Patient & Visitor Brochures\AM 5.4 Booklet – I Spy with My Little Eyes, v2, September 2019, Review September 2022