

# A VISIT TO THE HOSPITAL

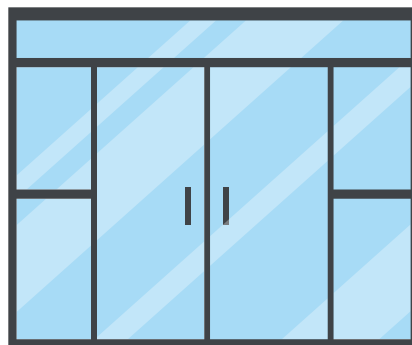
## ACTIVITY BOOK

AGES 7-12



**cura**

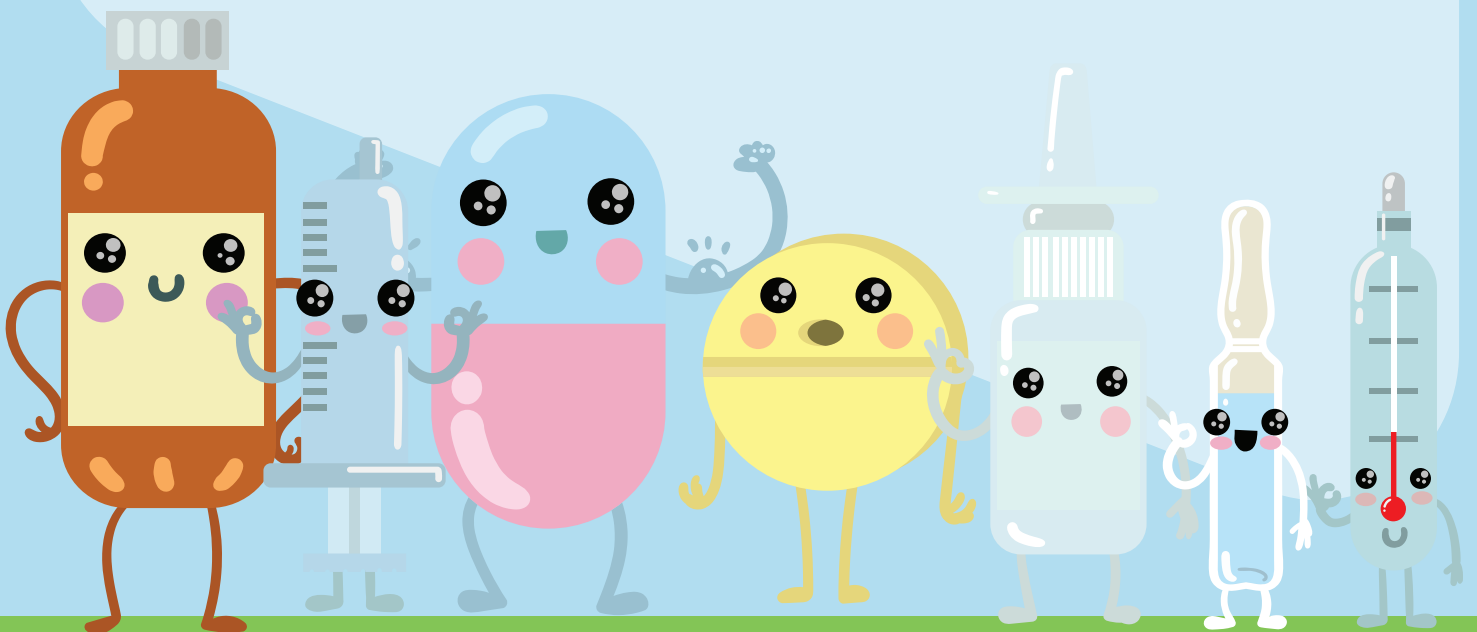
day hospitals group



**Meet the Medicine Miracles! They have super powers, but lately, some of them have not been feeling well. Just like you, the Medicine Miracles are coming to the hospital for surgery to make them feel all better.**

**Just like the Medicine Miracles, you are a superhero for being so brave and the doctor will have your powers restored in no time!**

**Can you spot the medicine miracles?**



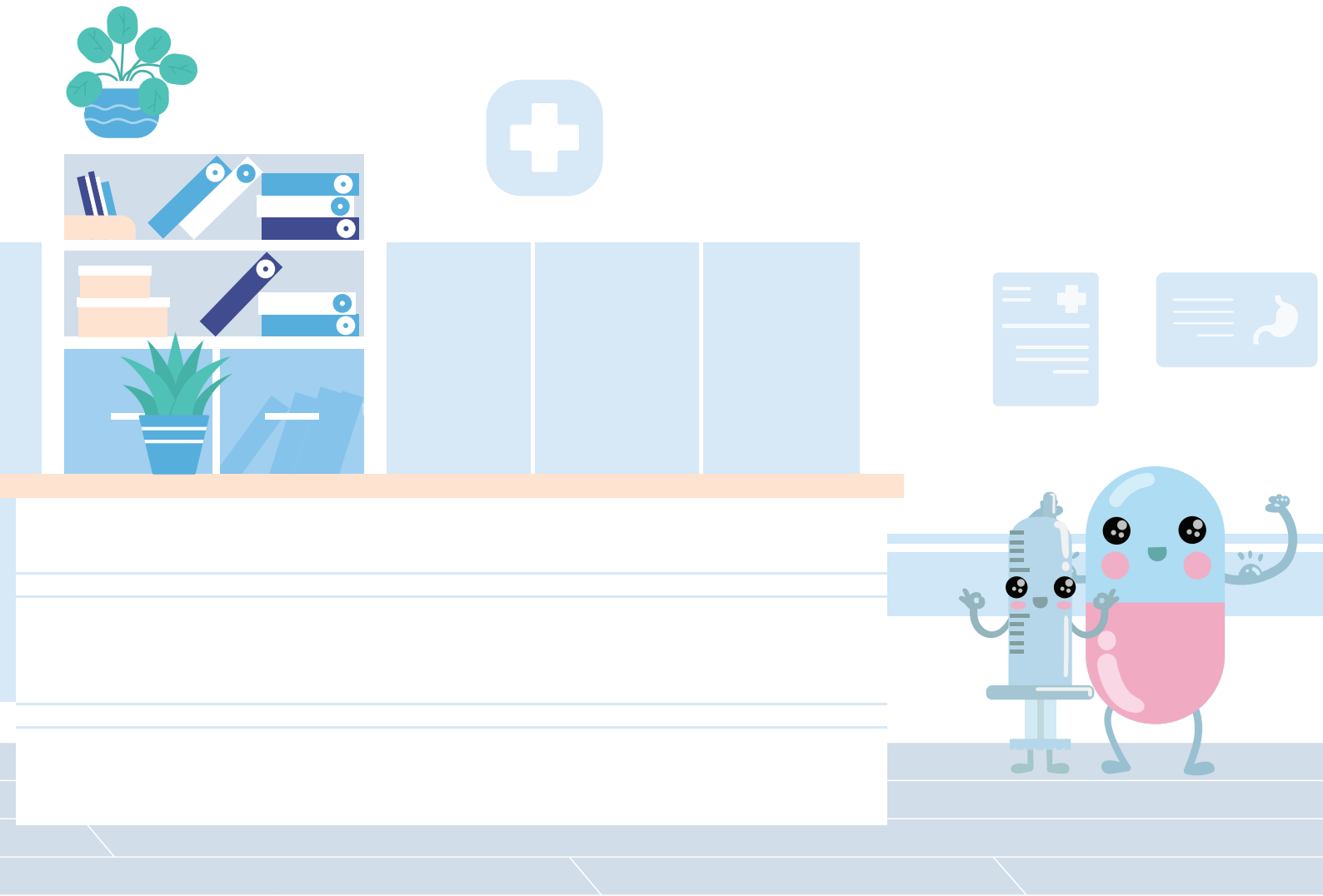


**My name is:**

**My age is:**

**My surgeon is:**

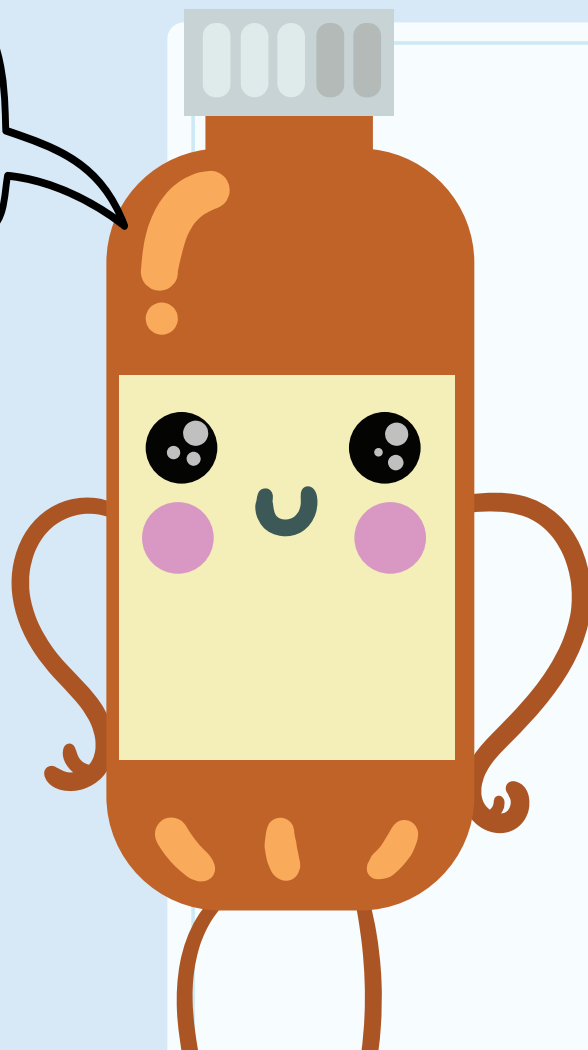
**My nurse is:**



When I arrive at the hospital, my family and I will go to the reception. This is where my parents take care of the paperwork.

The friendly reception staff show my family where to sit before we go through to pre-op.

While I'm waiting, I play with the toys and games I take to the hospital.



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

**Step 1:**

**I first sit or lie in a comfortable position.  
I close my eyes and relax.**

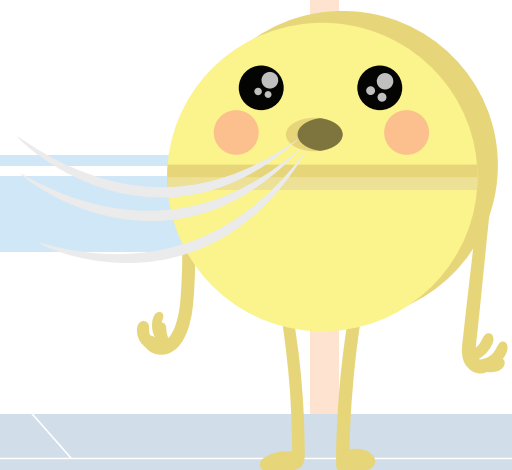
**Step 2:**

**Take a deep breath in through my nose.**

**Step 3:**

**I let it out slowly through my mouth using a hissing sound and relax my body.**

**Practice calm breathing  
with Hailey!**

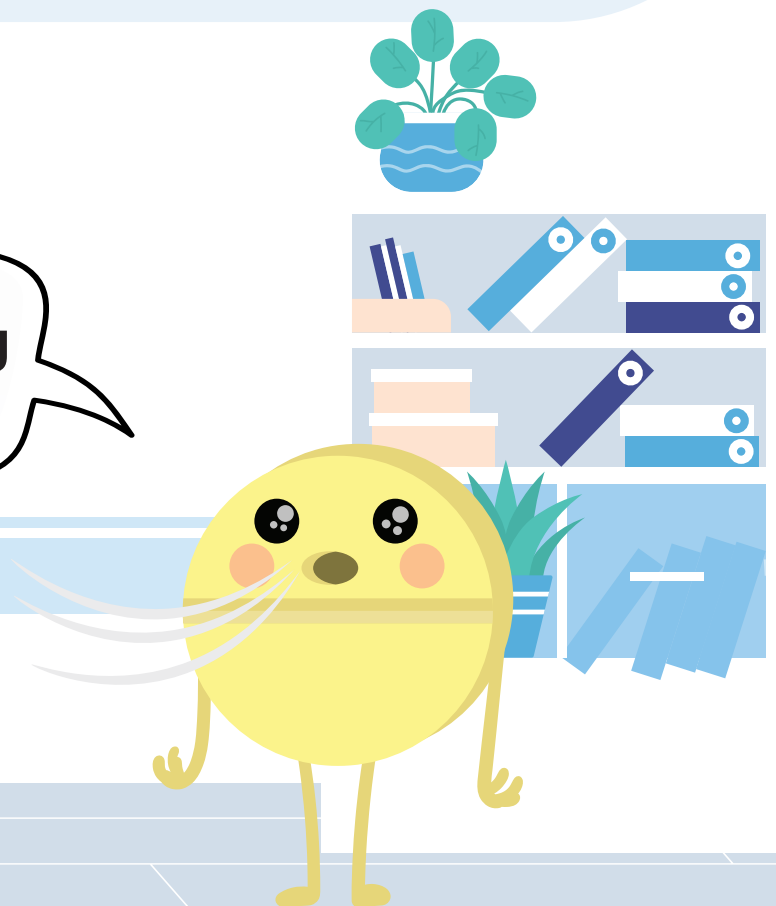


**Step 4:**  
I like to say the word “calm” in my mind while breathing out.

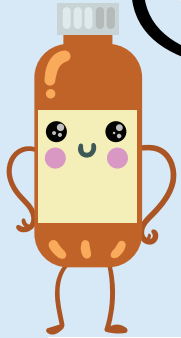
**Step 5:**  
Another way I do calm breathing is to blow into my balloon. I imagine the larger my balloon is, the smaller my worries are.

**Step 6:**  
I take a long, slower breath in and blow out slowly through my balloon. As I breathe out, I notice the scary feelings going away.

**Practice calm breathing with Hailey!**



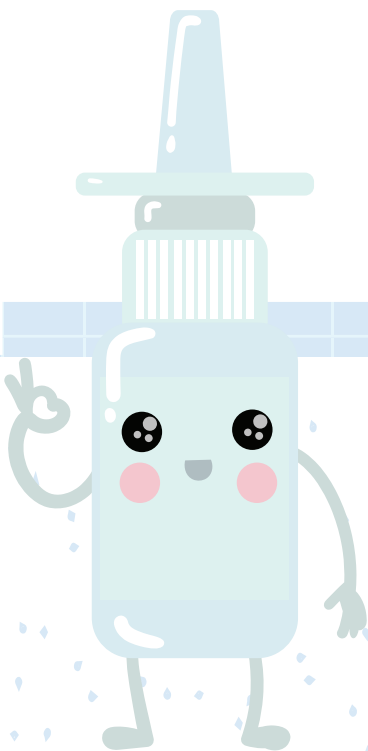
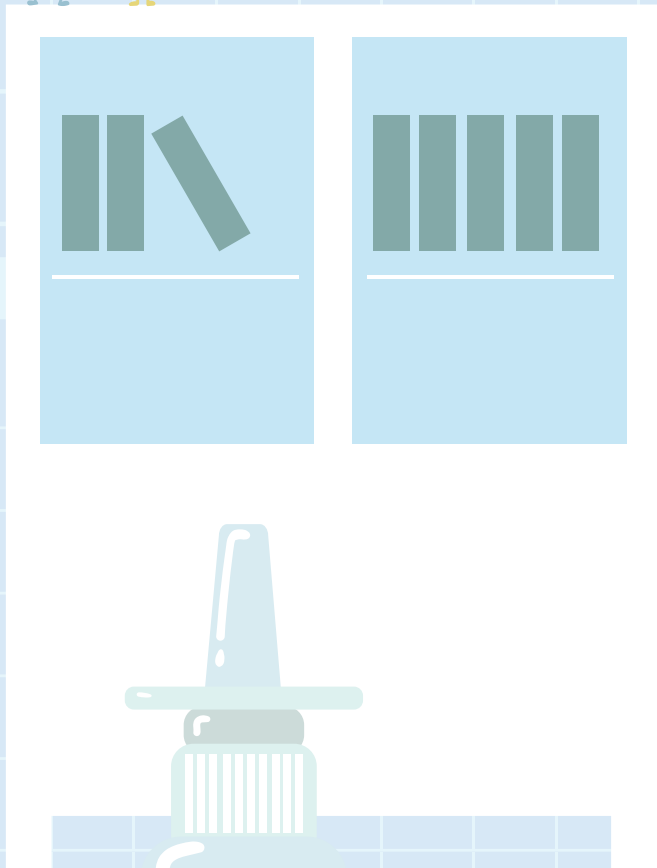
My most important job before my surgery is not to have anything to eat. Even though I am really hungry, I know it is important so my doctor can keep me safe.



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



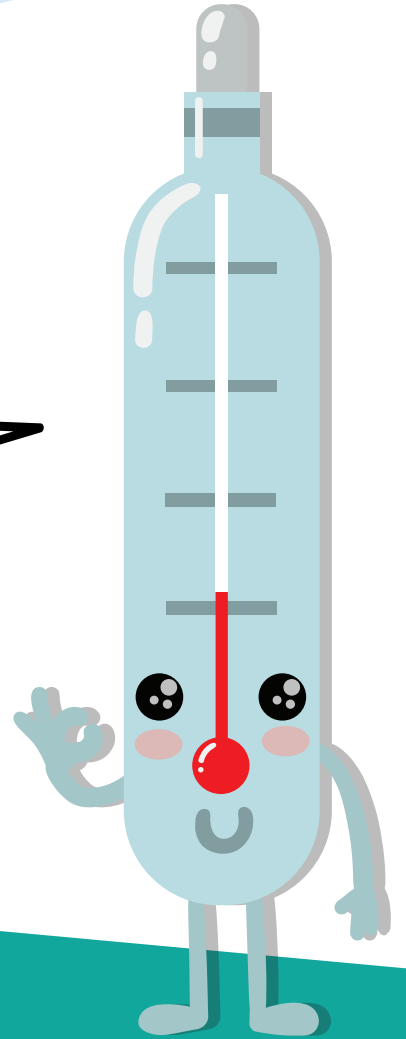
Here comes the pre-op nurse. She has a friendly smile on her face and calls my name. We follow her to the pre-op area.





First, I step on the weighing scale so the nurse can check my weight!

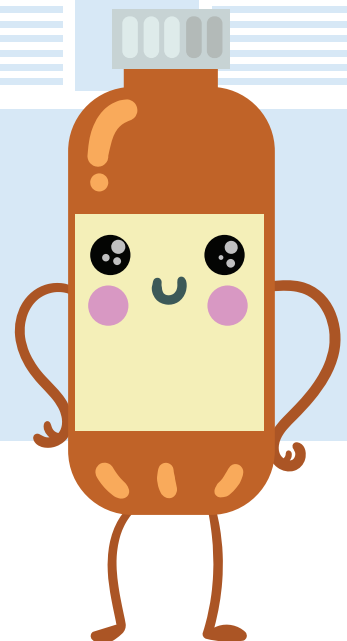
Next, she takes my temperature. She places a thermometer on my forehead. When it is ready, it goes 'beep'.



She then measures my heart rate and the amount of oxygen in my blood. She uses a machine that clips on my finger to do this, it doesn't hurt me one bit.

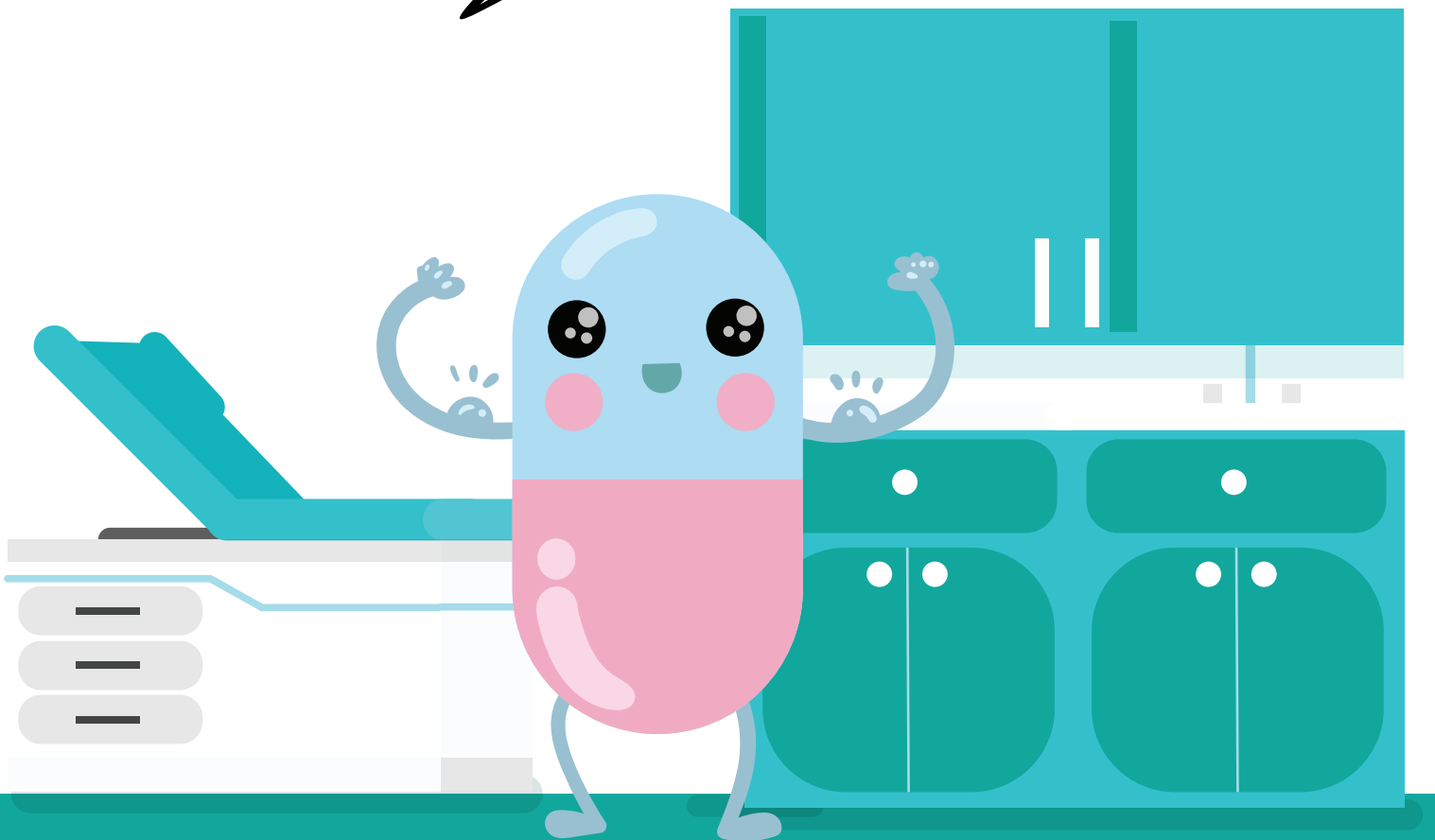
My pre-op nurse asks my parents lots of questions about me. When she has finished all my paper work, she puts a name band on my wrist. It tells everyone who I am and if I'm allergic to anything.

I get a funny white/pink hat and a funny gown to wear. I also get some magic cream. It makes my hand go numb to protect me from any pain. The nurse then covers my hand with a band-aid.



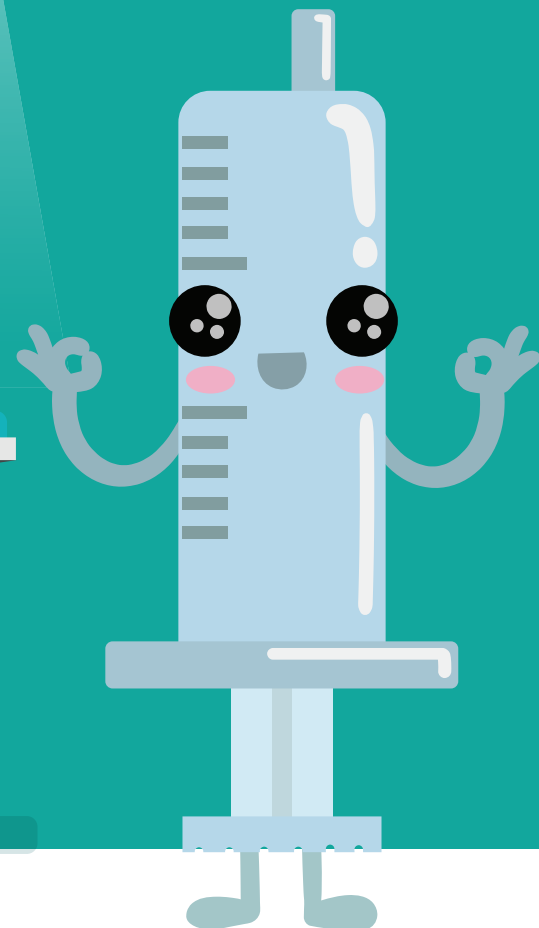
It's almost time for my operation. A friendly nurse comes to pre-op and takes me to the operating theatre. In the operating theatre, there is a special team of doctors and nurses who are waiting just for me.

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



The anaesthetist gives me some funny smelling air. I pretend like I'm blowing up a big balloon. The funny smelling air makes me sleepy. This will make sure I don't feel any pain while I'm asleep.

It's time to go to sleep now. We'll see you when it is time to wake up!

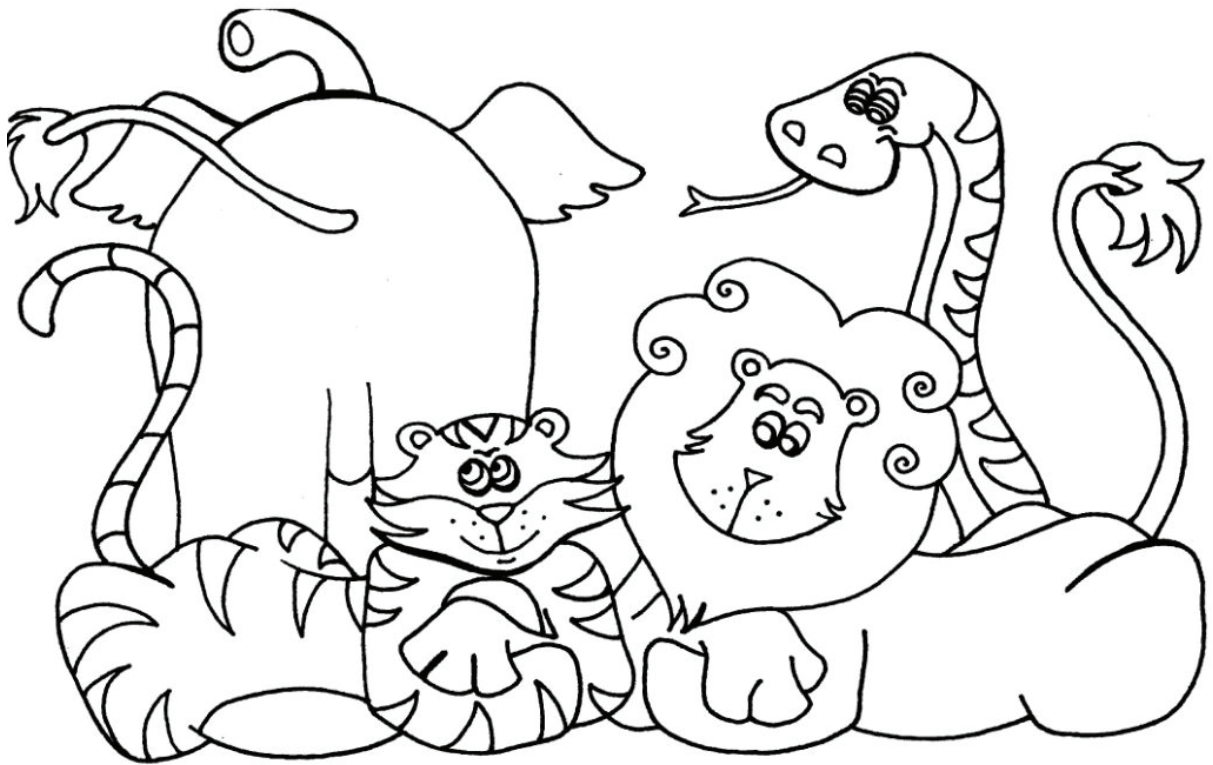


When I wake up, I am in the recovery room. Here, the nurses make sure I am waking up. They blow some waking up air near my face, it feels cold and tickles my nose.

The nurse gets my parents to come and sit with me as soon as I wake up. The nurses tell me it is important to let them know if I feel sick in the tummy or have pain so they can make me feel better.

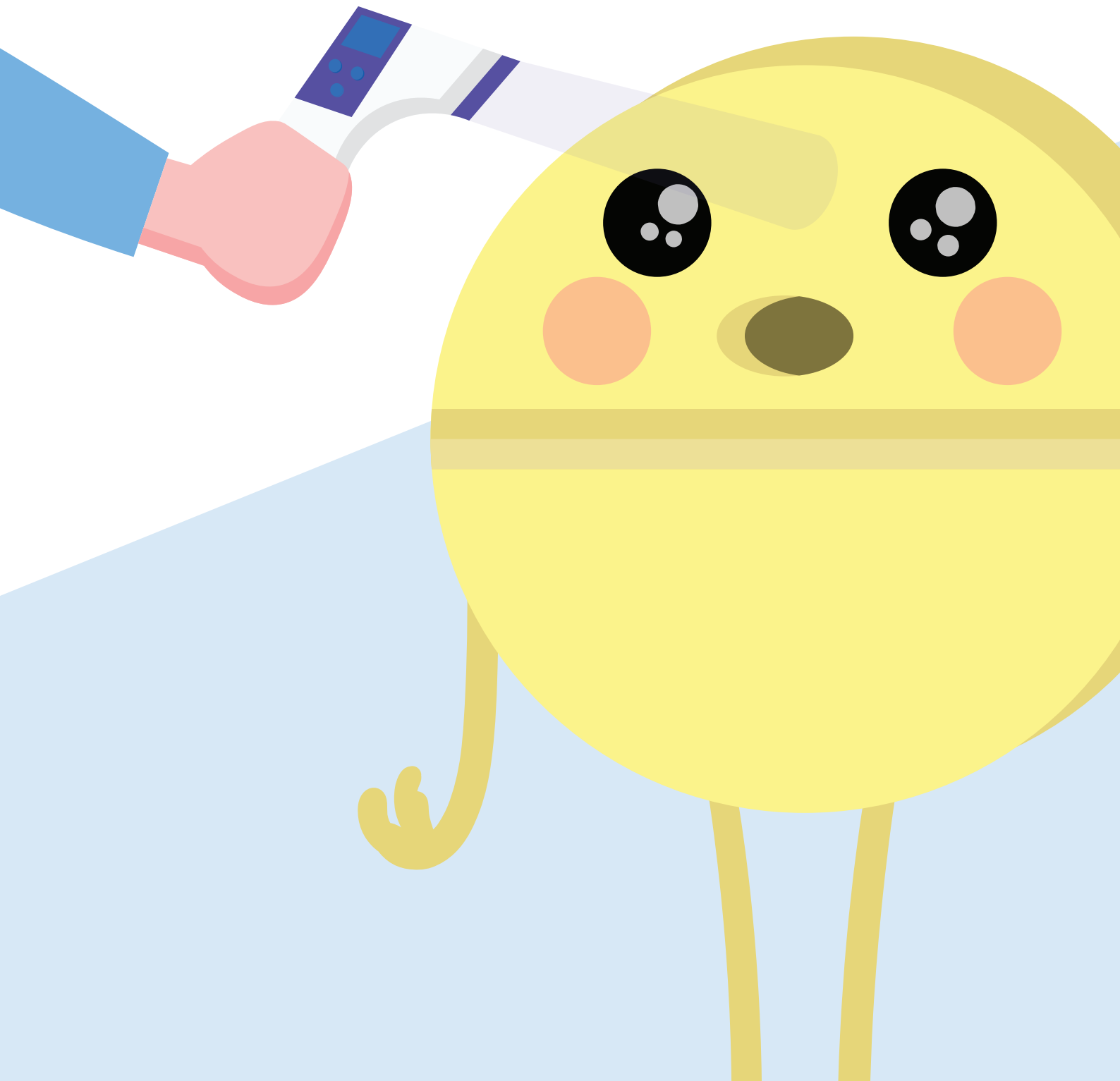


Colour me in!



The nurses take my temperature and make sure my oxygen level and heart beat are ok.

I hear the machine beep but I am not worried because I am still sleepy.

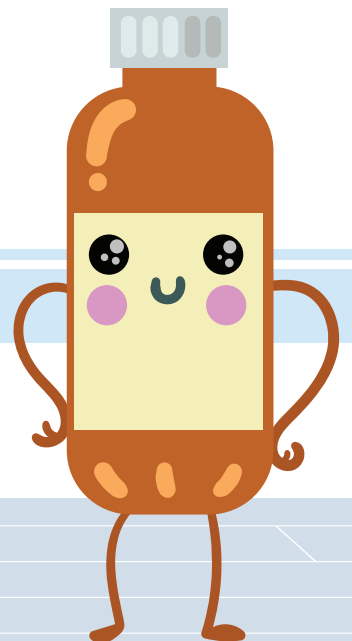




When I'm more awake, I move to a comfy chair.

My throat is very dry and a little sore. So the nurses give me a yummy cold ice block which helps my throat feel better. I might also have a sandwich or jelly, depending on what surgery I had done. I can also have a drink.

While I'm waiting to go home, my parents and I read a story and play with the games and toys I brought to the hospital with me.



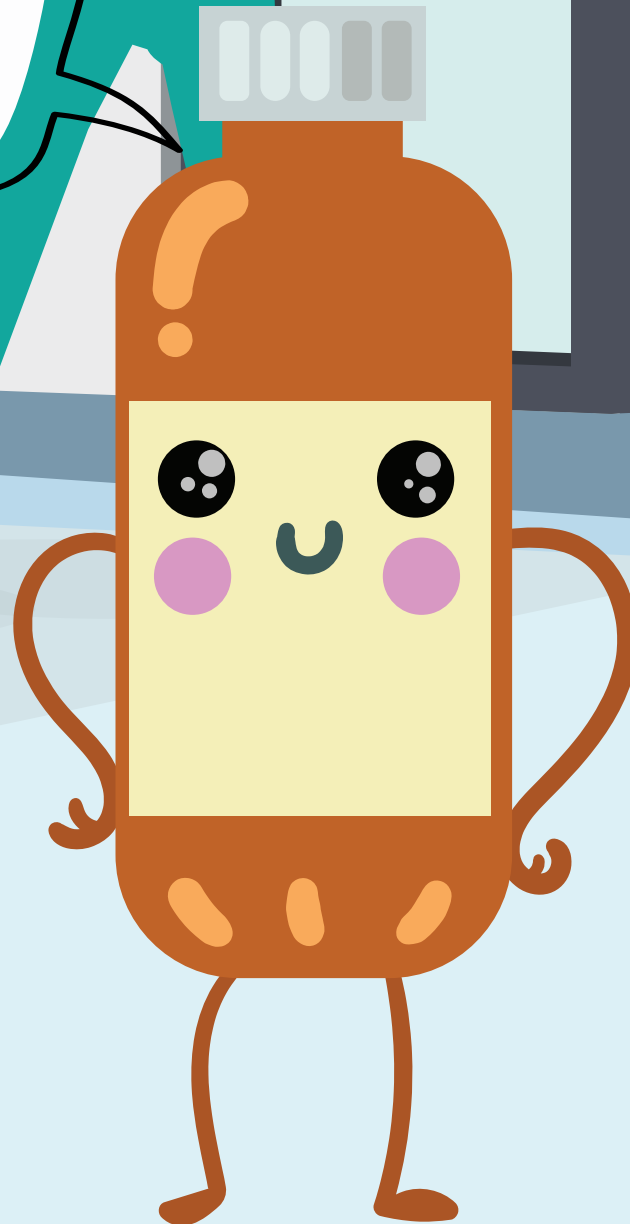
Draw a picture of you going home

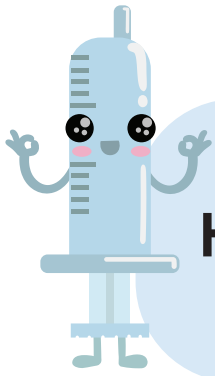




Finally, it is time to go home. My drip is removed and I get a pretty band aid on my hand.

The nurses wave goodbye and tell me what a brave patient I have been. I feel very proud that I have been so brave!





**Help Timmy colour in his friend, Chloe!**

