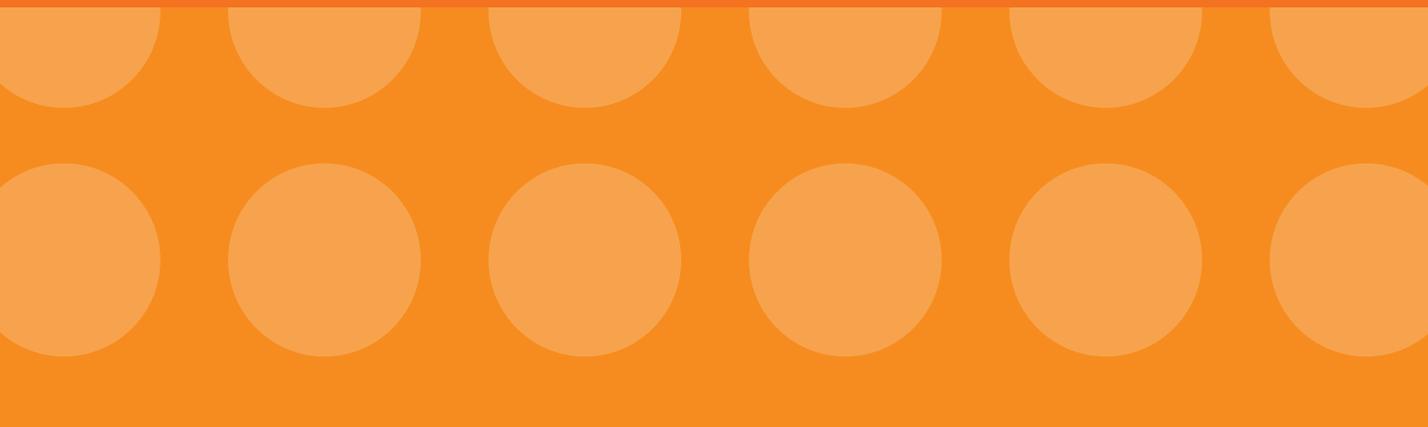




HOSPITAL HERO!
A Story All About Your Stay



Hey!



If you are getting this book, it means that you are (unfortunately) stuck in the hospital. Take it from some kids who've been there (and gotten better) — it might be a pain to be there at first, but everyone's job in the hospital is to help you feel better and get you out of there as soon as possible!

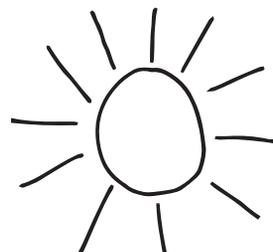
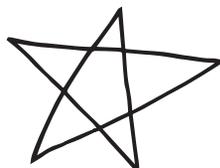
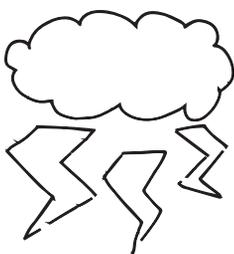
In fact, there are some really nice people in the hospital. They know kids have to go through some really tough stuff while in the hospital and need to become heroes of coping pretty quick. Some of them created this workbook just for you, because they care about what you are feeling and want to help you cope with it all.

Even though it's called a workbook, it's not really work. It should be called a fun book! You get to be the hero of your own story, and write things down, draw, and collect autographs from people helping you. You even get to find out what other people think about you!

This workbook has a lot of chapters — but you don't have to do them all at once. You can take your time. In some parts, other kids like Cole, Max, Zoe, and Tom have shared some ways they coped with being in the hospital. You even get to read Tom's favorite doctor joke! (Tom says you can use his joke, by the way.)

By the time you get to the end of the book, hopefully you will be feeling a lot better and it will be time to go home. By then, you'll have a lot of extra skills to cope with all the tough stuff that came your way, and you'll be a hospital hero too!

Let's go!



Chapter 1: All About You

Welcome to your very own hospital story. You are the star of this story. Start by describing yourself — who you are and what you like.



What are your favorite foods?



Are there any foods you hate?

What do you like to do for fun?

Do you have brothers or sisters?

Write down the names of everyone you live with.

Do you have any pets?

Who are your best friends?

What do you like to do with your friends?

Great job! Next ask others to add to your story.

Ask someone in your family: "What do you like best about me?"

Ask a friend: "What's your favorite thing we do together?"

Ask your nurse: "What's your favorite thing about taking care of me?"

Ask someone in your family: "What's your favorite memory about me?"

Ask yourself: "What do I like most about me?"





Write your story!



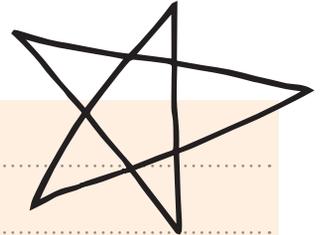
Tell us more!

Write or draw about something fun you did (before you came to the hospital).



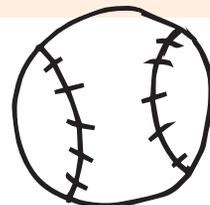
Something fun I did:

Handwriting practice area with horizontal dotted lines.



Who I was with:

Handwriting practice area with horizontal dotted lines.



What made it fun:

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Something fun I will do when I'm out of the hospital:

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GREAT! Now share this story with your parent and your nurse.

Chapter 2: Your Hospital Co-Stars



There are a lot of people caring for you right now. Sometimes it's hard to keep track of what they do. You will probably feel less worried if you know their names and what their jobs are.

Ask everyone who comes into your room to sign below. Ask them to tell you what their job is and to write something you have in common.

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

MY

AUTOGRAPH



BOOK

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

YOUR NAME:

YOUR JOB:

Something we have in common:

Friends and Family

Ask your friends and family who visit you to sign their names. It will help you remember who came to see you. Also ask them to write down some things they like about you.

YOUR NAME:

Things you like about me:

MY

AUTOGRAPH

BOOK



YOUR NAME:

Things you like about me:

Chapter 3: Your Hospital Room

Being in the hospital can make anyone (including kids) feel uneasy or scared. There are a lot of new sights, sounds, and smells.

Close your eyes and take a deep breath. What do you smell?

Do you smell...cleaning fluids?...wipes or wet cloths?

Look around your room. What do you see?

Do you see...strange machines and medical supplies?...people you don't know?

Close your eyes and listen. What do you hear?

Do you hear...beeping or buzzing machines?...announcements in the hallway?

There may be a lot of things in your room that you see, smell, or hear that you don't know much about. It's OK to ask questions and learn more about those things.

When you see something you don't understand, ask your nurse:

- ▶ **Can you tell me what that is for?**

When you smell something and you don't know what it is, ask your nurse:

- ▶ **Is that smell normal?**

When you hear strange sounds, ask your nurse:

- ▶ **What does that sound mean?**

Here's a great idea: Ask your nurse to give you and your family a tour of your hospital room — and to explain all the things that you see, hear, or smell.

Circle and label what each of the items in this room are.



Great job!

Chapter 4: Being at the Hospital Is Work!

Now that you're in the hospital, you know that being here isn't always fun. When you are sick or injured, there may be some things that you don't like to or don't want to do — but have to do in order to get well.

Below is a list of things that many kids have to do to get well. Ask your nurse or your parent to help you finish the list of all the things you may have to do. When you do something you don't like, put a smiley face in the box next to it.

Things I have to do to get better	Did it once	Did it again
Get a blood draw		
Have an IV put in		
Take medicine		
Use the spirometer		
Get out of bed and walk around		
Go to physical therapy		
Keep up with school work		
<i>Add your own!</i>		

It's hard to be stuck in the hospital when so much is going on back at home or at school.

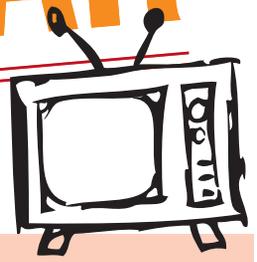
Here's an easy way to keep up with things:

- Pick what you want to keep track of (like your favorite sports team or something happening at school).
- Ask your parent or a family member to write down the dates of all the important events that happened while you were busy getting well.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Write in the date! 			 
			
	 		
			
 			



MY CALENDAR



THURSDAY	FRIDAY	SATURDAY	REMINDERS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Need to remember something? Write it down here!
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Chapter 5: Talking About What's Worrying You

In the hospital, lots of kids have questions or worries. Here's what some other kids have written in their storybooks:

"I felt alone and missed my friends. It helped when my brother came and played video games with me." – Cole, age 9

"The doctors told me I needed a needle puncture. I heard from other kids that the puncture hurts and I was really scared. I told my nurse and she told me everything that would happen step-by-step. She also helped me come up with things to distract me." – Max, age 13

"I was worried about going back to school. My mom talked to my teacher and found out what I was missing." – Zoe, age 12





**Talk to
someone.**

Is anything worrying you about being in the hospital? Even heroes sometimes need help. There are a lot of people who can answer your questions or calm your worries. All you have to do is ask!

But, talking to someone about what is worrying you can be hard, especially if you haven't done it before. It's easier if you do it step-by-step.

STEP # 1: First, choose what you want to talk about:

- Is there anything worrying you?
- Is there anything important you don't understand?
- Is there something you really want or need?
- Choose one of these things you want to talk about.

STEP # 2: Next, pick who you want to talk to. Someone in your family? Your nurse? Your doctor? Someone else? Think about:

- Who do you usually talk to about your worries?
- Who explains things to you when you don't understand?
- Who listens to you when you really want something?

Put a check in the box next to one or all the people you want to talk to:

MOM

GRANDPARENT

FRIEND

Name:

DAD

NURSE

TEACHER

Name:

BROTHER

DOCTOR

OTHER

Name:

SISTER

STEP #3: Think about the words you will use.

Write in thoughts or questions you have. It will help you to practice. Below are some phrases to help you get started.

I am scared...

I'm confused...

Can we talk?

I am nervous about...

...makes me sad.



I've been worried about...

I don't really understand...

I really need...

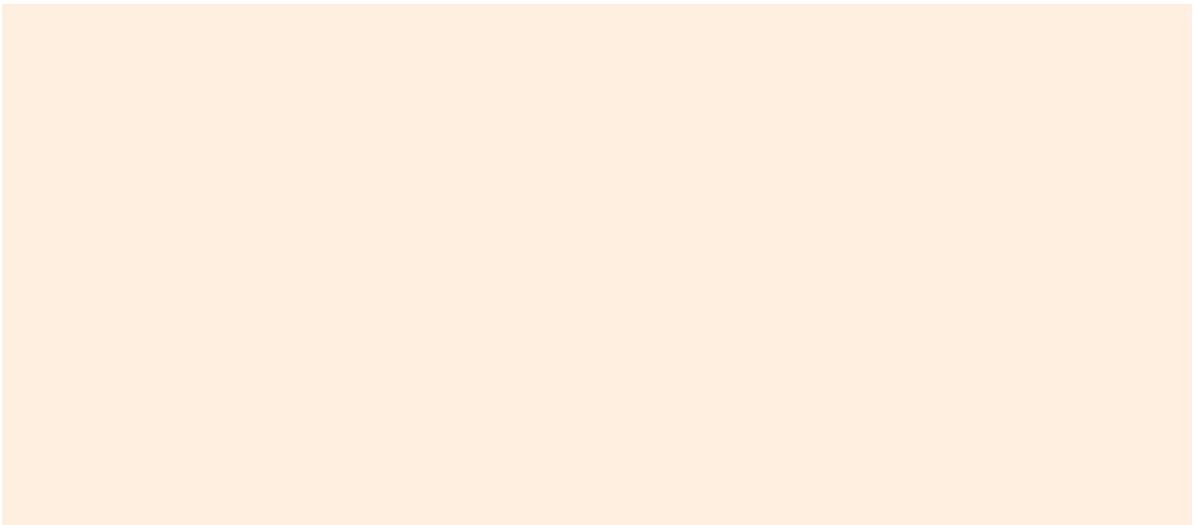
Remember Max? He needed a needle puncture. He had heard from other kids that it hurt a lot and he was worried. In his Hospital Hero workbook, he decided to talk to his nurse about it. Here are the questions he wrote:

“I’ve been thinking a lot about the needle puncture. I’ve heard some bad things about it from other kids. Can we talk about it?”

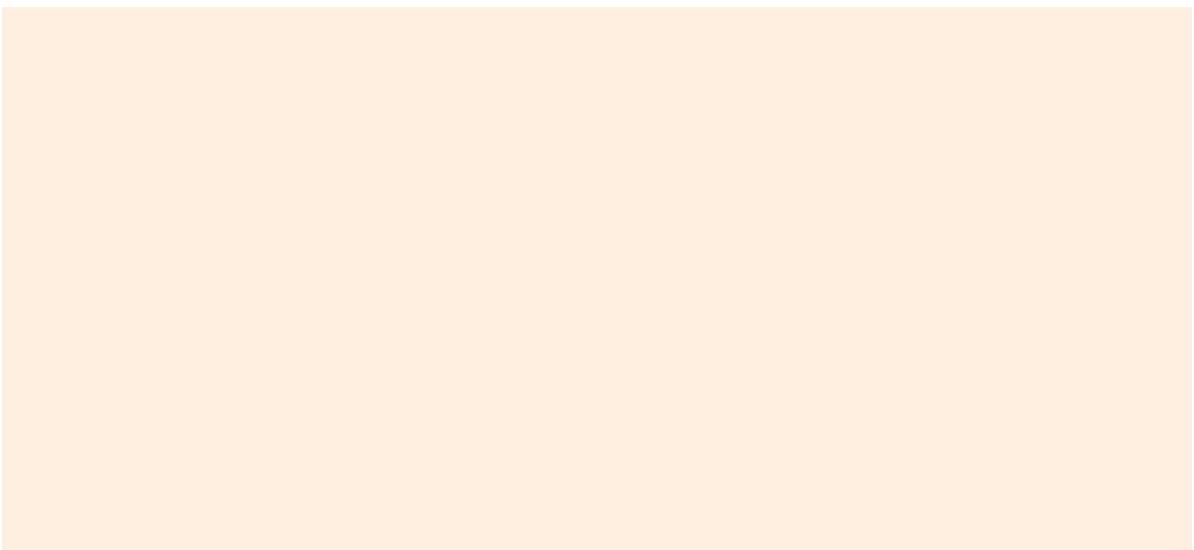
“I am worried about how bad it will hurt...and for how long? Is there something you can do to make it hurt less?”

Use the space below to write out your questions. If you don’t know what to write, use some of the words from the previous page.

Questions for your family or friends:



Questions for your doctors or nurses:



Chapter 6: Learning to Relax

It's normal to feel upset or scared when you are in pain or have to face a scary treatment. One thing you can do is relax and take a mini-vacation by picturing a happier place. You should try it!

Here's what some other kids thought of when they were in the hospital:

"When I had to get a lot of needles, I thought of being at the beach with my family. I could feel the warm sand under my feet and the sun on my face. I could hear the crash of the waves." – Jordan, age 10

"When I was in pain, I thought about being at the park with my dad. I was swinging high on the swings and felt the wind on my face." – Samantha, age 8

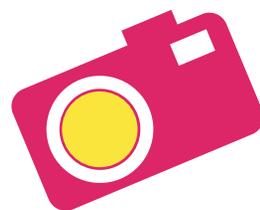
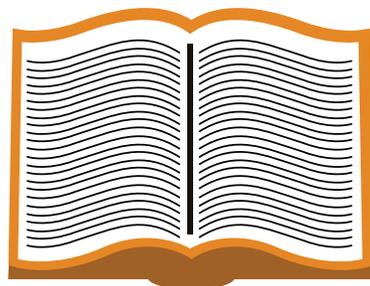
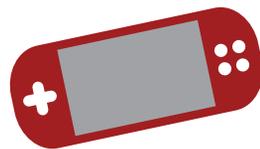
"When I wanted to forget about what was happening here in the hospital, I imagined I was at the skate park with my friends doing tricks on my board." – Carl, age 12

Now it's your turn: Start by picking a fun place or favorite thing to do – **a place that makes you feel warm and happy inside your body.** Make a picture of it in your mind...

- Where am I?
- Who I am with?
- What am I doing?
- What am I hearing?
- What else is going on around me?
- Am I feeling warm inside?
- Am I having fun yet?

There are lots of other ways to take a mini-vacation when you are at the hospital. Check the ones you want to do:

- Read.
- Play a video game.
- Watch a funny movie.
- Text message friends.
- Listen to music.
- Call family and friends.
- Draw.
- Visit other kids on the floor.
- Sing or hum to yourself.



Chapter 7: Knowing What You Are Good At



There are a lot of things you are good at outside of the hospital that you can bring with you into the hospital — and everywhere you go.

Look at the list below and circle some of the things you are good at. If you are having a hard time coming up with what you are good at, ask a family member or your nurse to help.

- ★ I am able to talk to new people.
- ★ I make new friends easily.
- ★ I am funny and can tell jokes.
- ★ I like to read stories.
- ★ I can ask for help when I need it.
- ★ I am nice to others.
- ★ I am brave.
- ★ I can draw or write about myself.
- ★ I can figure out what to do when I have a problem.
- ★ I am smart.
- ★ I like to try new things.
- ★ I care about other people's feelings.

- ★ I trust other people.
- ★ I like myself.
- ★ I usually believe things will turn out OK.
- ★ I don't give up too easily.
- ★ I can talk about how I am feeling.
- ★ I don't stay mad or sad too long.
- ★ Is there anything else you are good at? **Of course there is!**

Write it here: _____

Now that you know what you are good at, **DRAW A LINE** to match them with things that you have to deal with at the hospital. If you are not sure which ones to use, ask someone for help.

When this happens:

Something worries me.

I feel scared.

I feel mad.

I feel sad.

I have to do something I don't like.

I feel sick or am in pain.

I see other sick kids.

I don't feel like getting out of bed.

I miss my family and friends.

I have a difficult time walking.

I feel or look different from other kids.

I have bad dreams.

I don't feel like talking.

I can:

...make new friends.

...tell jokes.

...read stories.

...ask for help when I need it.

...draw or write about myself.

...figure out what to do when I have a problem.

...try new things.

...talk to people I trust.

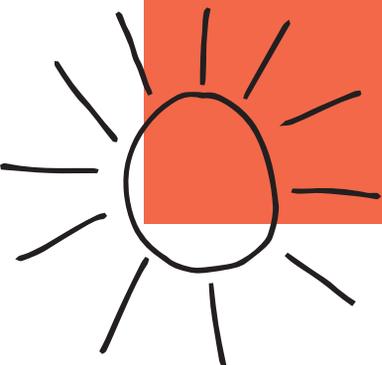
...believe things will turn out OK.

...not give up too easily.

...talk about how I am feeling.

...not stay mad or sad too long.

Write your own:



Excellent Job!

Chapter 8: Know How You Are Feeling

Your face shows how you feel. You know the face your mom or dad makes when they are mad, or the face your friends make when they think something is funny.

Your body can also tell you how you are feeling.

- **When you are sad** – you may feel heavy inside or feel a lump in your throat.
- **When you are mad** – you may feel a lot of pressure in your chest, back or shoulders. You may also feel hot inside or like your body is pulsing.
- **When you are scared or worried** – you may feel tingly in your head, stomach or in your arms and legs. You may also feel sweaty or cold inside.
- **When you are happy or proud of yourself** – you will likely feel warm and relaxed inside. You may also feel like you have a lot of energy inside and want to do things.

Look at each face. Write down what they are they feeling on the outside AND how they are feeling on the inside.



Write emotions here.





It's OK to be sad, mad, scared, worried, or proud — even all at once. Below is a list of things that make kids mad, sad, scared, and happy. **Write what you are feeling inside for each and then check off how you are feeling on the outside.**

Your Feelings Chart	What am I feeling on the inside?	 Mad	 Sad	 Scared / Worried	 Happy / Proud
Being in the hospital					
Being in pain					
Feeling worse					
Having to take medicine					
Being away from family					
Being away from friends/school					
Having bad dreams					
Seeing your mom or dad					
Seeing other kids on the floor					
Seeing your nurse or doctor					
Having to go to physical therapy					
Eating lunch or dinner					
Doing school work					
Getting visitors					
Getting presents					
Getting phone calls/texts					
Walking around the hospital					
Feeling better than yesterday					
Thinking about going home					

Great!



Talk with your mom or dad or nurse about the things that make you mad, sad, scared, as well as things that make you happy. Come up with some ideas to help.

What we can do to help me feel...

Less sad or scared.



A large, empty rectangular area with a light orange background, intended for writing ideas to help feel less sad or scared.

More happy!

A large, empty rectangular area with a light orange background, intended for writing ideas to help feel more happy.

Awesome work!

Chapter 9: Make Your Feelings Known

Your feelings chart shows that you can have many feelings — even at the same time. Now that you know what is making you sad, mad, scared and happy, there are some fun ways to make your feelings known. It's important to make your feelings known because it lets other people know what you are going through. But you don't always have to talk about your feelings. You can write a story, a poem, or a song. You can draw your feelings too.

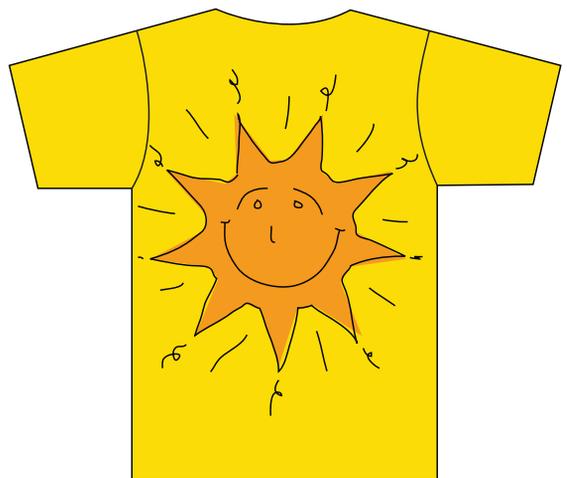
Here's another fun idea: Create a T-shirt with your feelings. Use one side to show some of the mad, sad, or worried feelings you have had while in the hospital, and use the other side to draw your happy or proud feelings.

This is Maria's shirt. On one side, it showed that she was feeling a little sad because she was missing her friends. She used dark colors to show her feelings.

On the other side, Maria was proud that she was able to distract herself during a needle shot by listening to music.



SAD



PROUD

Now it's your turn: Create your own T-shirt to show how you are feeling.

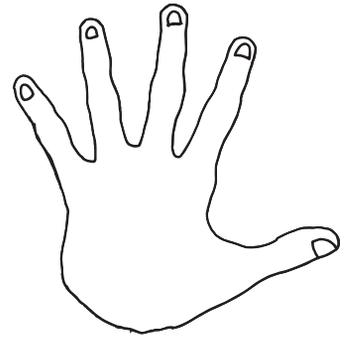


**On one side,
draw some of
your sad, mad,
or worried
feelings.**



**On the other
side, show your
happy or proud
feelings.**

It's time to write your own story!



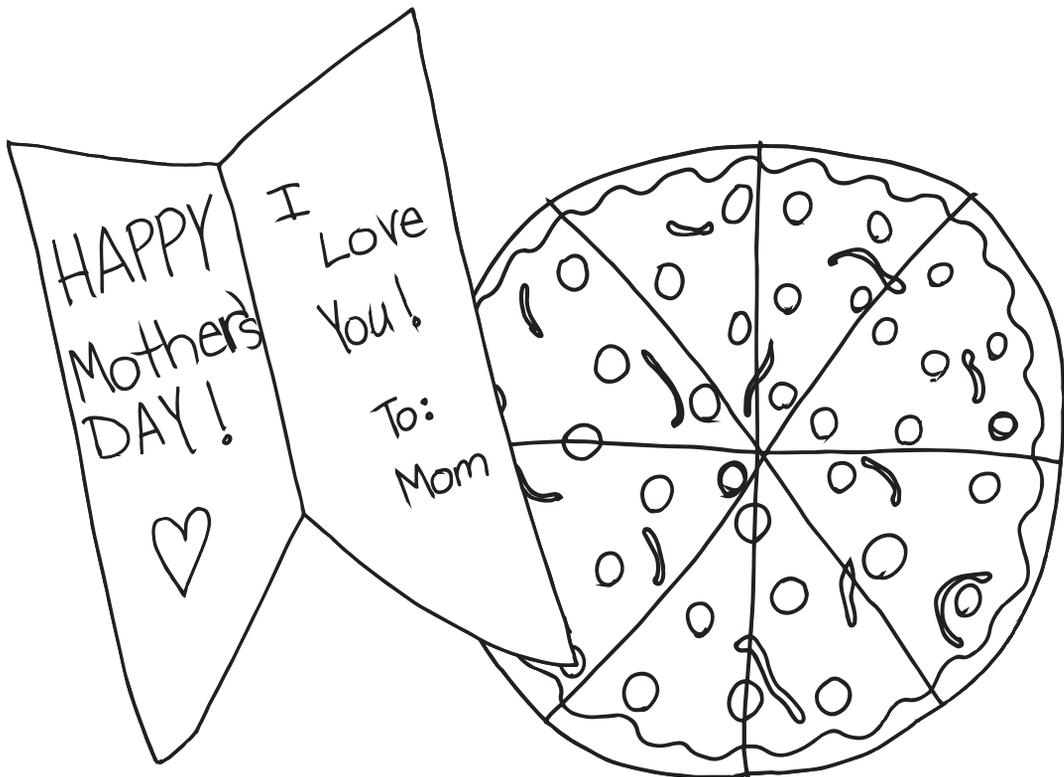
Let's start with an example. Here's a story Tom wrote in his book:

Chapter 1

My name is Tom, I am 10 years old. My favorite food is pizza. I live with my mom, my older brother Tyler, my younger sister Olivia and our cat Mr. Fur. I hate broccoli. My best friend is Matt. My favorite thing to do with my friends is to play soccer.

Chapter 2

My nurse Sara says I'm funny and make funny faces when I don't want to do something. My mom's favorite memory of me is when I made her a card for mother's day. Doctor Rick and I are both left-handed. Oh, and he likes some of the same TV shows that I do.



Chapter 3

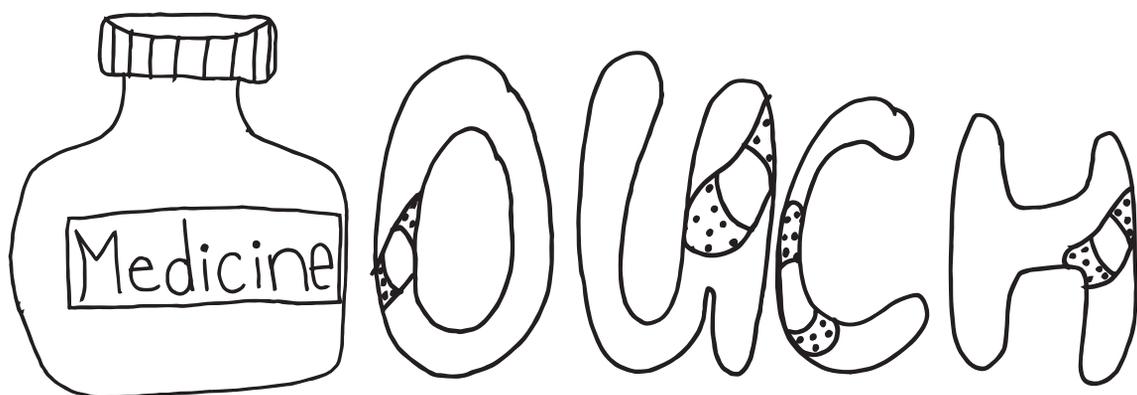
I didn't like my hospital room at first. The only fun part of it was making the bed go up and down. Every time someone came in, the floors squeaked. And I didn't like all the overhead announcements in the hall. Later I got used to it. My mom helped me decorate my room with stuff from home but the floor still squeaks.

Chapter 4

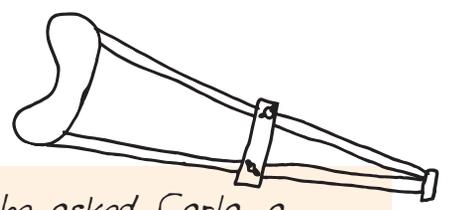
I am awesome at doing stuff in physical therapy. After my surgery, it was hard to walk, but Dr. Steve helped a lot. I still don't like taking medicine but I have to do it. The food here was pretty good, once I felt well enough to eat it.

Chapter 5

What worried me the most was the pain in my leg after I woke up from surgery. I didn't think it was ever going to go away. And when they gave me pain medicine, I felt really tired. All I wanted to do was to go home. I tried to be brave at first and didn't bring up my worries about the pain. But after Dr. Rick asked me several times, I finally told him that I was in a lot of pain and asked him if that meant my leg was never going to be the same. He told me that I would be pain free and would be able to play soccer again in a few weeks.



Chapter 6



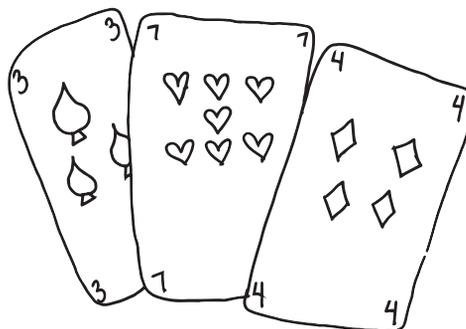
When Dr. Rick heard that my pain was pretty bad, he asked Carla, a social worker, to come in and show me a couple neat things to do to distract me from my pain. She even brought in some cards and played a game with me. I won, but I think she let me win. Now the plan is to play video games, listen to music really loud, do crossword puzzles, or surf the Internet for a new "joke of the day" when the pain is really bad.

Chapter 7

What am I good at? I am funny and can tell jokes. Here's a good one: When does a doctor get mad? When he runs out of patients! HA HA! Nurse Sara, Carla from social work, and I now have a "joke of the day" contest. My mom judges which joke is the best, and we keep score. So far, I am winning.

Chapter 8

The things that make me mad about being in the hospital: 1) Being IN the hospital 2) Being in pain 3) Being away from friends school 4) Keeping up with school work. There, I said it. I made my feelings known. I've been going to PT (physical therapy) every day this week. I didn't like it at first but Dr. Steve said it meant that I was getting ready to go home, so that made me happy. Over the past 2 days, I've been able to walk around the floor and play with other kids in the game room, so that has made me happy too. Dr. Rick says we're getting really close to discharge (going home) so that's where my story is right now.





My Story: In The Hospital

Chapter 1



**Introduce yourself: Who are you? What do you like to do?
Who are your friends?**

Chapter 2

Name 1-2 people who are caring for you in the hospital. What do you like about them? What do you have in common?

Chapter 3



**What's it like to be in the hospital? What's your room like?
What's the hospital like? Is there anything you like or don't like?**

Chapter 4

**What are 1-2 things you needed to learn to do in the hospital?
What have you gotten good at?**

Chapter 5

**What has worried you the most about being in the hospital?
How have you coped with it? Who have you talked to?**

Chapter 6

What are some of the feelings you've had at the hospital? How does your body feel inside? What has helped you relax or feel better?

Chapter 7

What kinds of things are you good at? How has it helped you cope with being in the hospital?

Chapter 8

What are you most proud or happy about right now?



Stop here!

Chapter 10 : Who's On Your Support Team at Home?

You have a medical support team at the hospital. You'll need another support team of friends and family at home. **Now is a good time to ask people to be on your support team. Use the section below to name your team.**



Who can help me relax and have fun:



Who can I spend time with when I'm feeling alone or bored:



Who can make me laugh:



Who can I talk to if I get worried or upset:



Who can I talk to if I have a medical worry:



Who can help me catch up on school:

Chapter 11: My Story: What Happened to Me

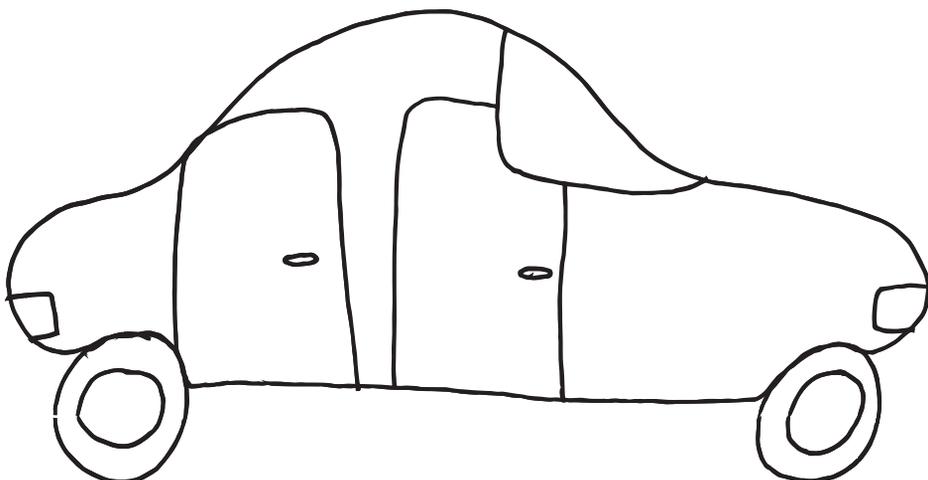
After you go home, you may get a lot of questions about what happened. Sometimes, it's hard to talk about what happened, since you may not know or remember how you got sick or injured. Your parents or family may know some of the answers. You can ask them for help in finishing up and telling your story.

Here's Tom's finished story: He tells you what happened and how it ended up.

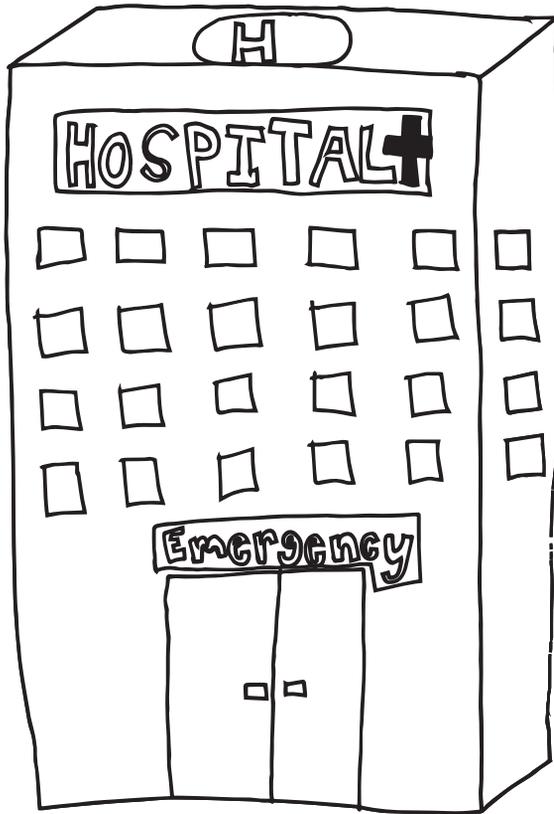
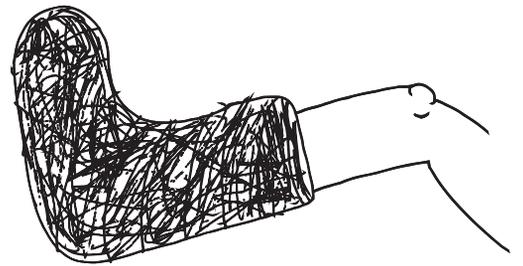
I was playing soccer at the park.



I chased the ball into the street and was accidentally hit by a car.



I was taken to the hospital in an ambulance. I had a broken leg and lots of cuts and bruises.



I had to stay in the hospital for a week! I met all kinds of people: Dr. Rick, Dr. Steve, Nurse Sara, Carla, other kids on the floor named Jesse and Luis. It was hard to keep track of everyone at first.

Nurse Sara gave me my own Hospital Hero workbook to complete. It helped me learn to cope better with my worries and to talk about stuff that made me mad about being in the hospital.

Finally, I got to go home!! Everyone made a fuss at my being home. I'll have to walk on crutches for awhile, but am doing a lot better. Dr. Rick says I can play soccer again soon.



Now tell your story about your hospital stay.



Why were you in the hospital? How long were you there?

Was there anything you liked or didn't like about being in the hospital?

Did you make any friends? Did you like your doctors or nurses?

What did you do in the hospital? What helped you deal with being there?

What's it like to be home now? Is anything different?

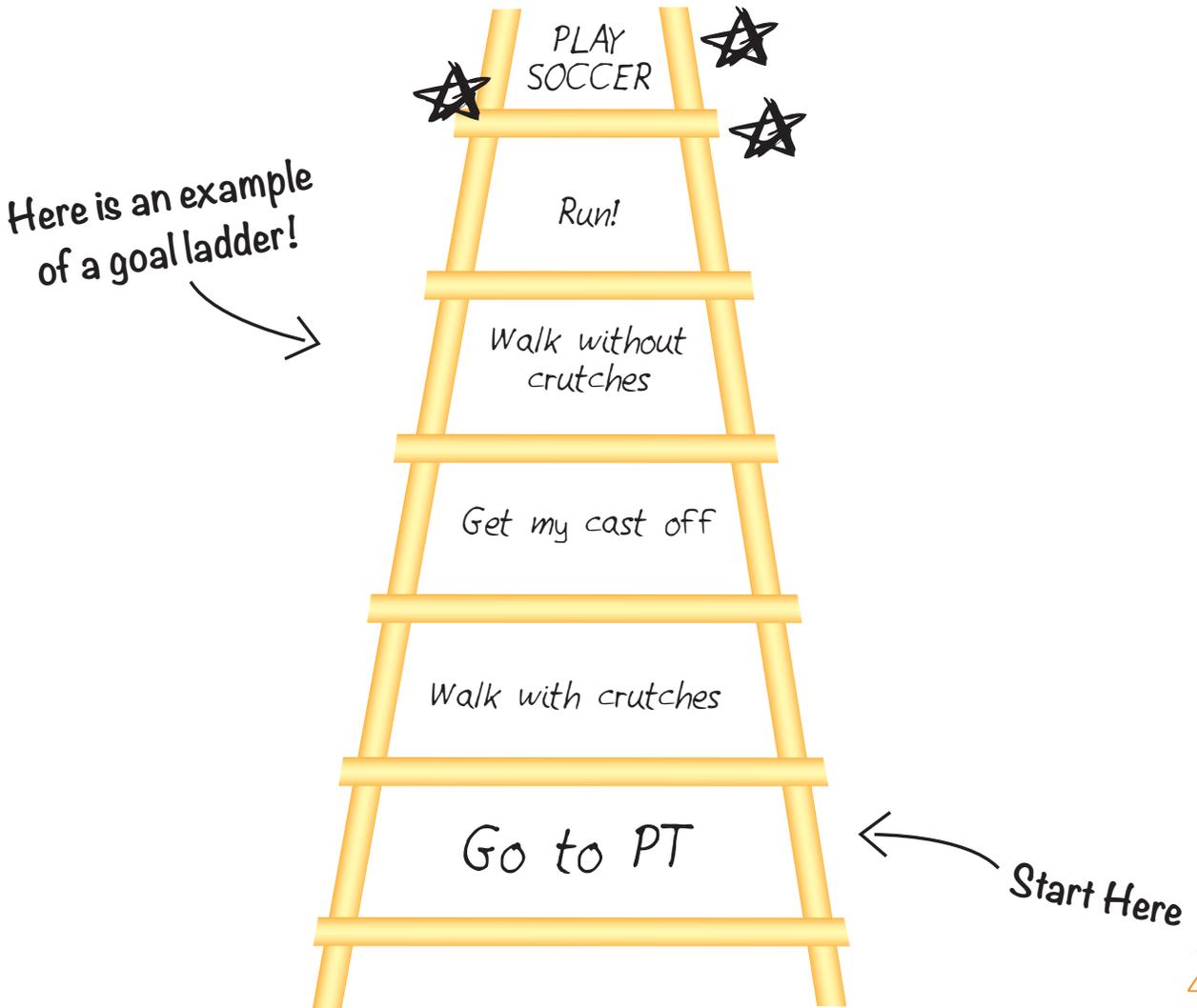
Do you have any advice for friends or other kids who might need to go to the hospital in the future?

Well done!

Chapter 12 : Figuring Out What to Do Next

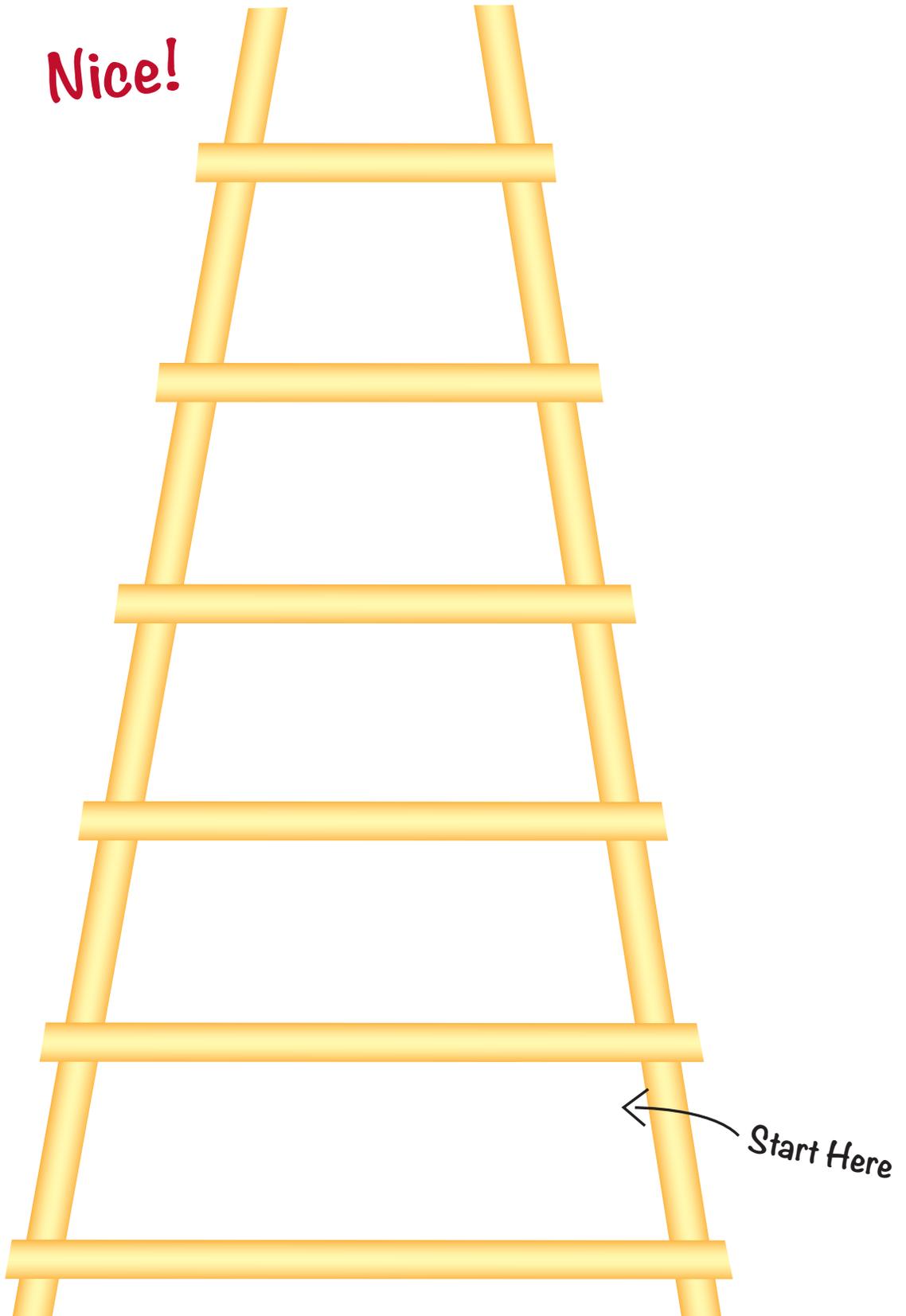
After getting home from the hospital, everyone wants to get back to normal. Sometimes, because you may still be sick or injured, you can't get back to normal right away. You may get mad when it's not happening fast enough. Or you may feel left out of things you still can't do. It's OK to feel this way.

A good idea is to focus on taking small steps to reach your big goal of getting back to normal. Think about all the little things you need to do first.



Your ladder.

Use this space to write the steps that you need to take in order to get back to doing the things you used to do.



What some kids go through after coming home.

The end of
the story...
almost!

It takes some kids awhile to feel better and get back to doing normal things. Some kids might face big changes in their lives due to their illness or injury. For other kids, things may get back to normal, but they may not be exactly the same as before.

Some kids still feel scared, angry, or sad, even after they come home. That's normal — something really scary happened. **But most kids DO feel better after some time has passed.**

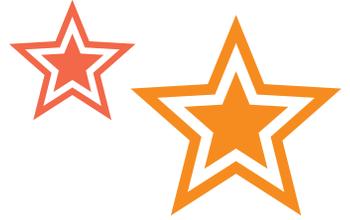
If you are still feeling worried, angry, or sad, use this book to help you figure out what you are thinking and feeling. Go back through this book and remember all the coping tools you learned. Share your thoughts with your family and support team. Don't be afraid to ask them for help.



Now that I am home from the hospital:



	Things that make me feel this way	How does your body feel inside?	What I can do to make it better
 Things that make me happy			
 Things that I'm worried/scared about			
 Things that make me mad			
 Things that make me sad			



My at-home coping plan:

I will talk about my feelings with _____
(person's name)
and _____
(person's name).

I will ask _____
(person's name)
and _____ **for help.**
(person's name)

I will spend more time doing _____,
_____, **and** _____.
(things that I can still do)

I will remember that I am good at _____,
_____, **and** _____.
(things I am good at — see page 24 if you can't think of anything)

Stellar job!



HOSPITAL HERO!

Certificate of Completion

This certifies that

**has been a true hero in the hospital
and at home and has the skills to
cope with some pretty tough stuff.**

Have your family sign above.

Thanks for sharing your story!

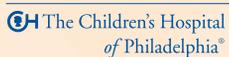
My sketch pad!



Awesome! Sketch pad time!



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