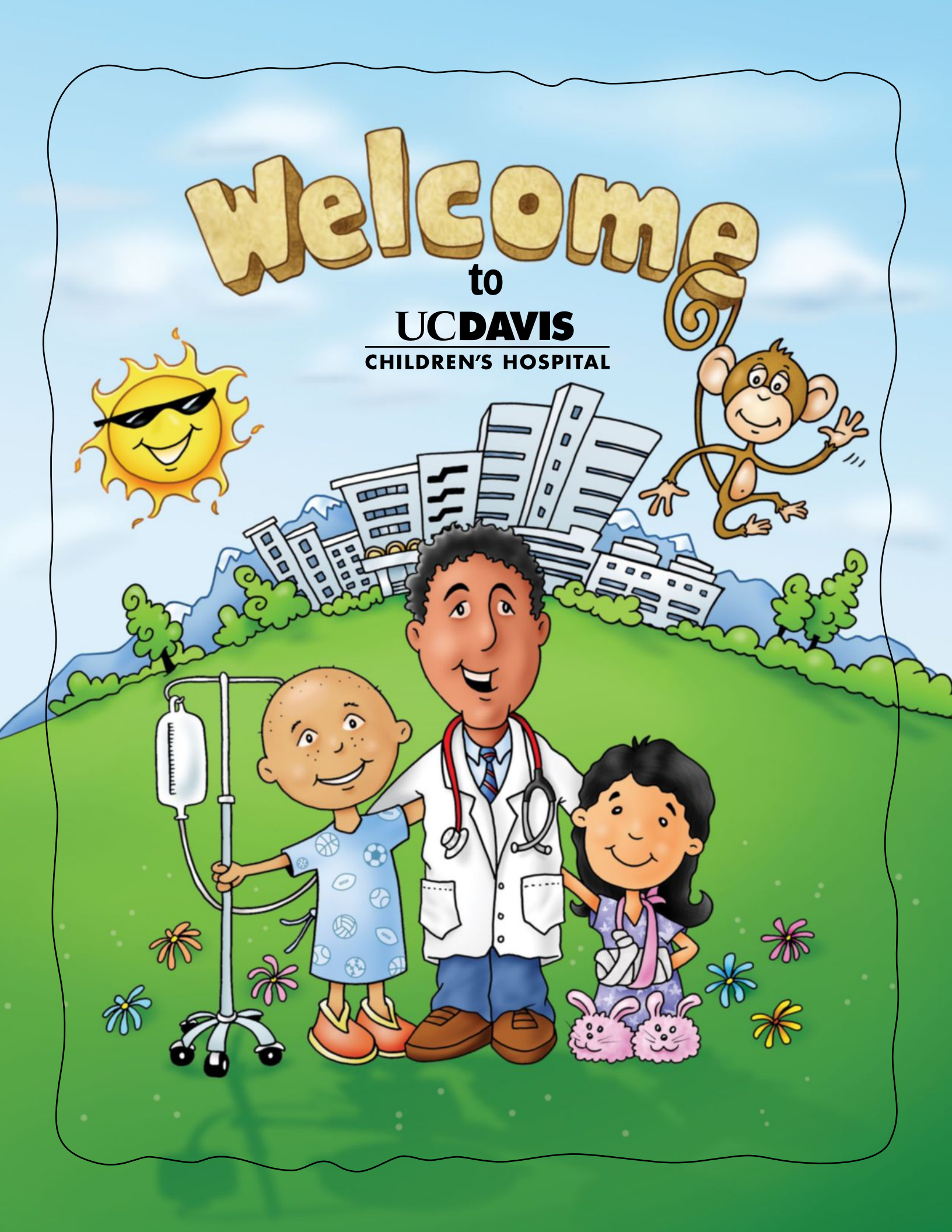

Welcome
to
UCDAVIS
CHILDREN'S HOSPITAL

Dear Families,

This coloring and activity book was designed to help ease your child into the hospital experience. Hospitalization and all that it entails can be stressful on your child as well as the entire family. With this book, children can have fun actively working through the pages while also learning more about the areas of the hospital they may visit while at UC Davis Children's Hospital. Our goal is to help your child understand and cope with the hospitalization to the best of his/her ability.

Within the book you will find information about specific experiences that many children must go through when hospitalized such as having their vital signs taken, IV (intravenous catheter) placement, and having an X-ray, CT Scan, or MRI, as well as opportunities to express their thoughts.

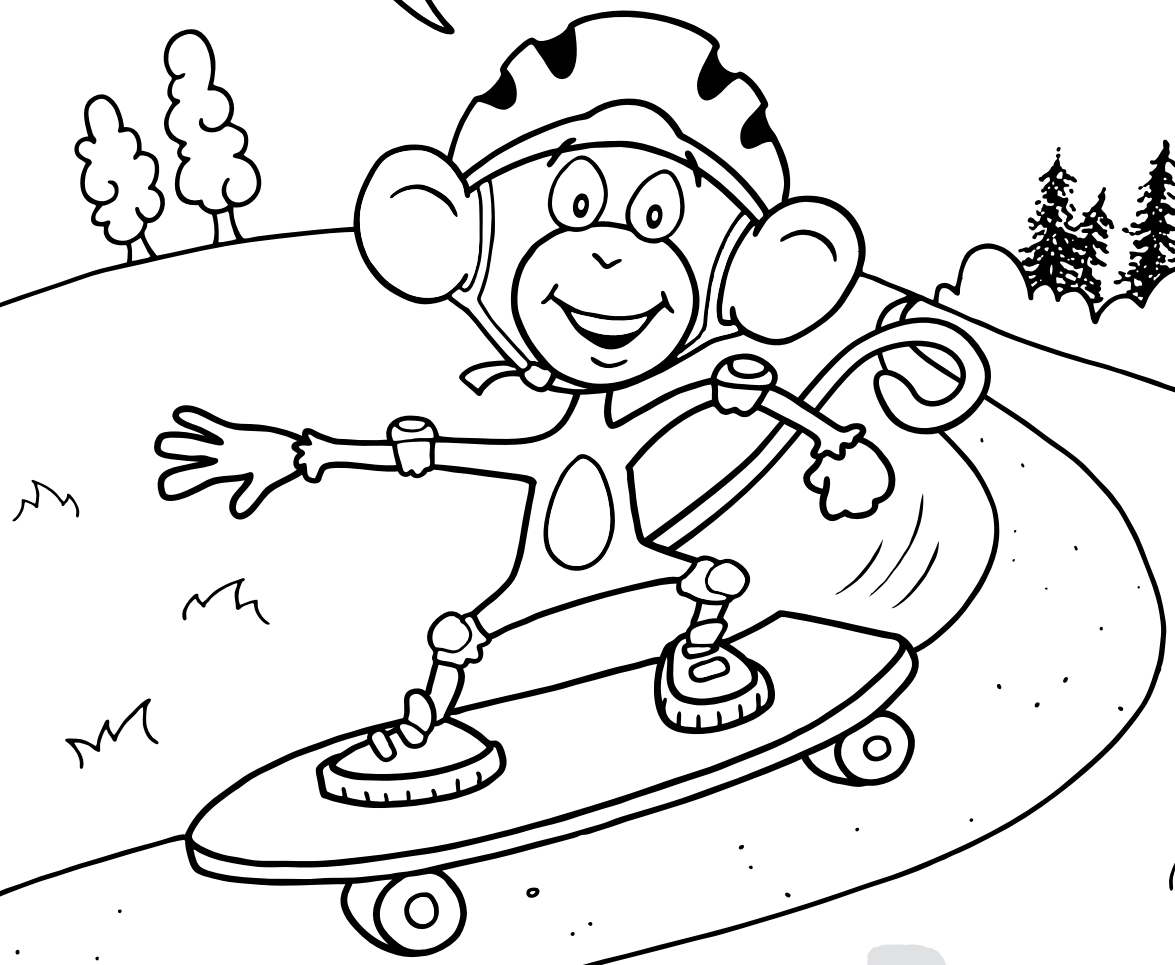
The following are some suggestions that have been useful for children and families that have experienced previous hospitalizations. We hope they are helpful to your family as well.

- Play as often as possible either in the Playroom or in your child's hospital room.
- Encourage your child to maintain connections to other siblings at home and friends at school.
- In an age-appropriate manner, talk with your child about what to expect regarding upcoming procedures or events. Use simple language and short phrases s/he will understand.
- Encourage your child to ask questions and clear up any misconceptions s/he may have.
- Provide time prior to procedures or events to help your child understand what is going to happen and provide them with an opportunity to ask questions.
- If you must leave your child's bedside, always let your child know you will be stepping away. Share with him/her the time you are leaving and when you will be returning.
- Child Life Specialists, whom are educated in the effects of hospitalization on children, are available Monday through Friday to provide resources for helping your child to cope effectively with hospitalization. Please ask your nurse to contact the Child Life and Creative Arts Therapy Staff.

Sincerely,

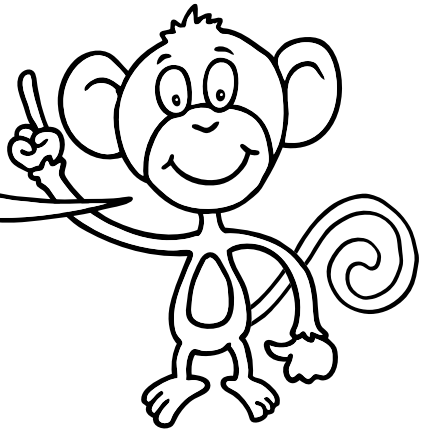
The Child Life and Creative Arts Therapy Staff

Hi, my name is Davis.
I am 7 years old. I will help you understand some of the things you may see while in the hospital. Have you ever been in the hospital before? Let's go...



Can you find Davis on each page?

Children come to the hospital from all different places. Can you find the way to your hospital room?



You may come by helicopter.

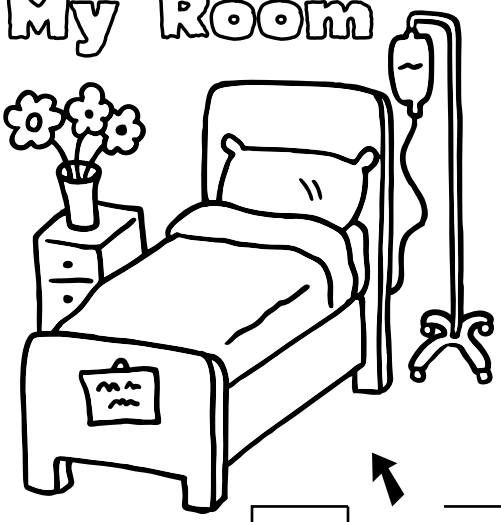
a-MAZE-ing!

Start here

Start here

You may come by ambulance.

My Room



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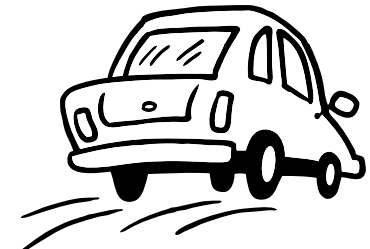
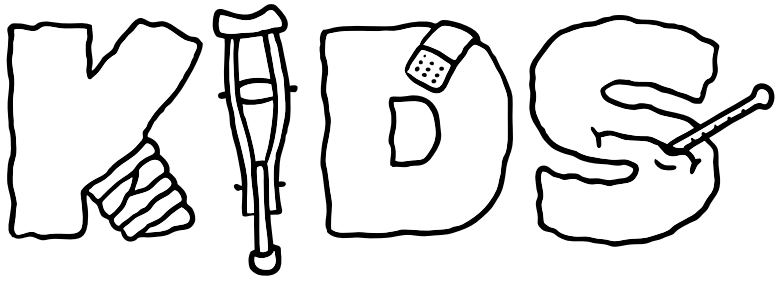


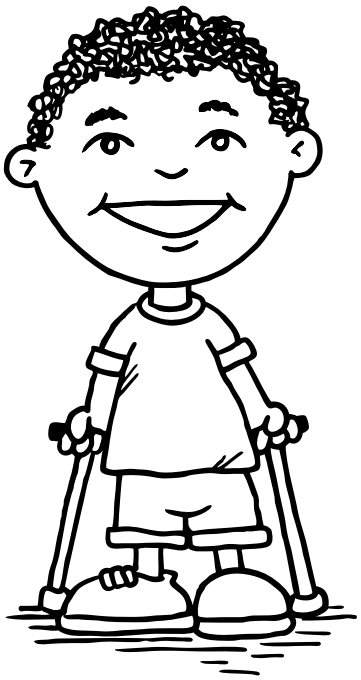
You may come by car.



come to the hospital for lots of different reasons.

Sometimes kids get **sick.**

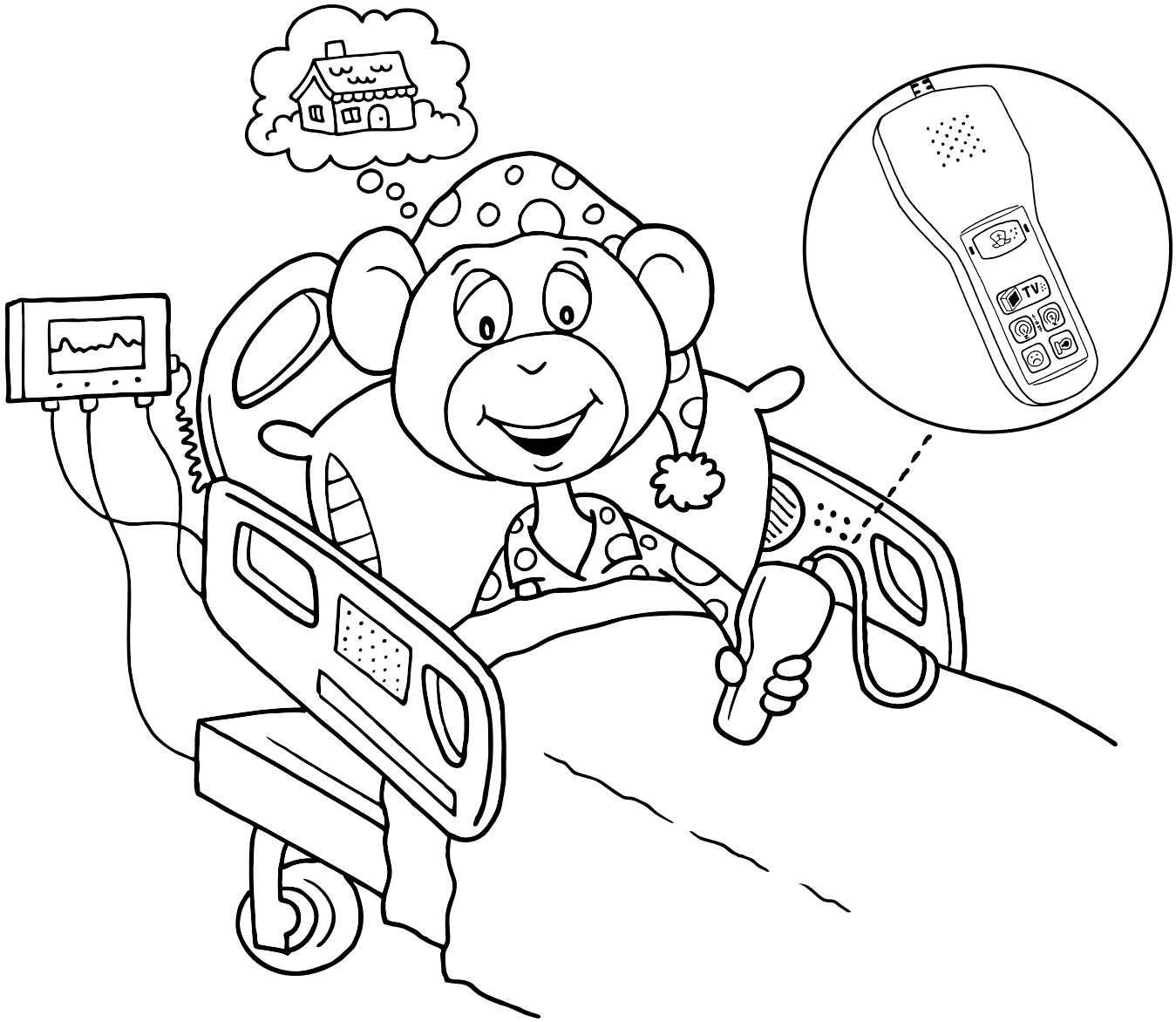
Sometimes kids get hurt in an **accident.**



Sometimes kids are born with a part of their **body that doesn't work well.**

Your Hospital Room

You'll have a **bed** in your room, just like at home. This bed may be different from yours because it can move up and down and has side rails to keep you safe. There is a remote control in your room for the **TV**. The remote can also be used to call your nurse and turn on and off the **lights**. An adult family member can stay with you at the hospital so you don't have to be alone. That person can sleep next to your bed in a special chair that pulls out into a little bed.

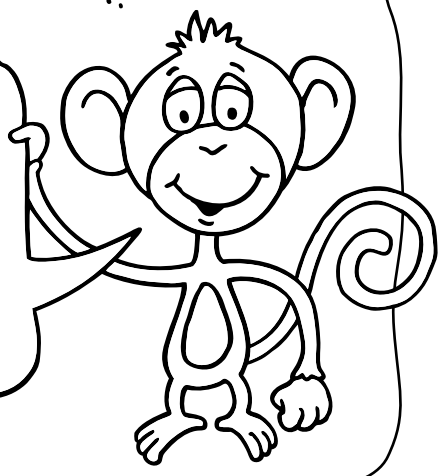


Nurses and Doctors

Every child has **a nurse**, one for daytime and one for nighttime,
and several doctors.

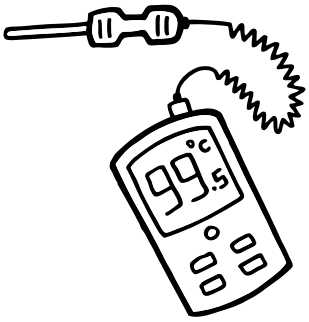
There are other people you may meet while you are in the hospital including, Child Life Specialists, Music Therapists, Art Therapists, Playroom Coordinators, Social Workers, Environmental Services Workers, Dietetic Assistants, Volunteers, and a Teacher.

See page 16 for more details.



Vital Signs

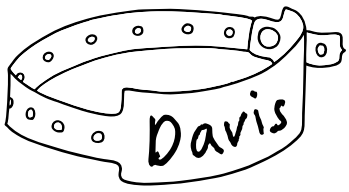
Once in your room, your nurse will check your vital signs.
Checking your vital signs means the nurse will:



Measure your **temperature** with a thermometer, usually under your arm.

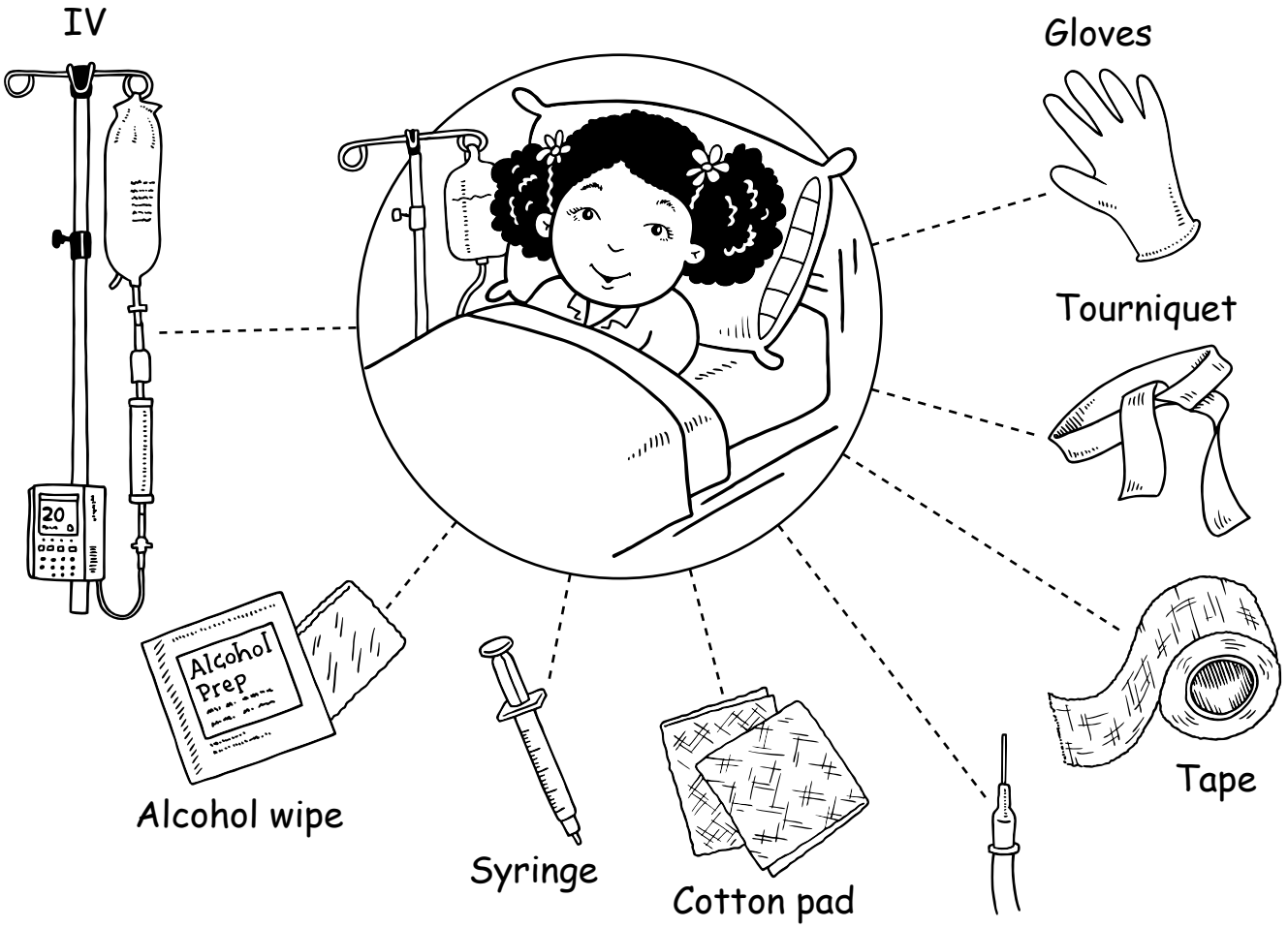
Measure your **blood pressure** with a blood pressure cuff that gives your arm a little squeeze.

Listen to your **heartbeat** with a stethoscope.



The nurse will also give you a **plastic bracelet** with your name on it.

When you are in the hospital, most likely the doctors and nurses will need to give you medicine or fluids. Because of this, most kids need to get an IV (intravenous catheter). The IV is a way to give your body the medicine or fluids it needs while you are in the hospital. The tip of the IV goes under your skin and into a vein. Here are some of the supplies that the nurse may use to place your IV into a vein:



Here's what the nurse will do:

1. Wash his or her hands and put on clean gloves.
2. Tie a tourniquet on your arm to help feel and look for a good place for the IV. A tourniquet is like a stretchy rubber band.
3. Clean your skin with a wet alcohol wipe. It will feel cool on your skin.
4. The nurse may remind you that your job is to hold your arm very still while she places your IV. The IV is started with a needle. When the tip of the IV goes in, some kids say it feels like a pinch. The feeling usually only lasts a few seconds and then the needle is removed, leaving a tiny flexible catheter inside your vein... like a small plastic straw.
5. Once the IV is inside, the nurse will make sure it is working by putting water into the tube with a syringe, if it is working, she will tape it in place. Now your body can get what it needs.

Draw yourself

Children have lots of different feelings while in the hospital. How do you feel today?

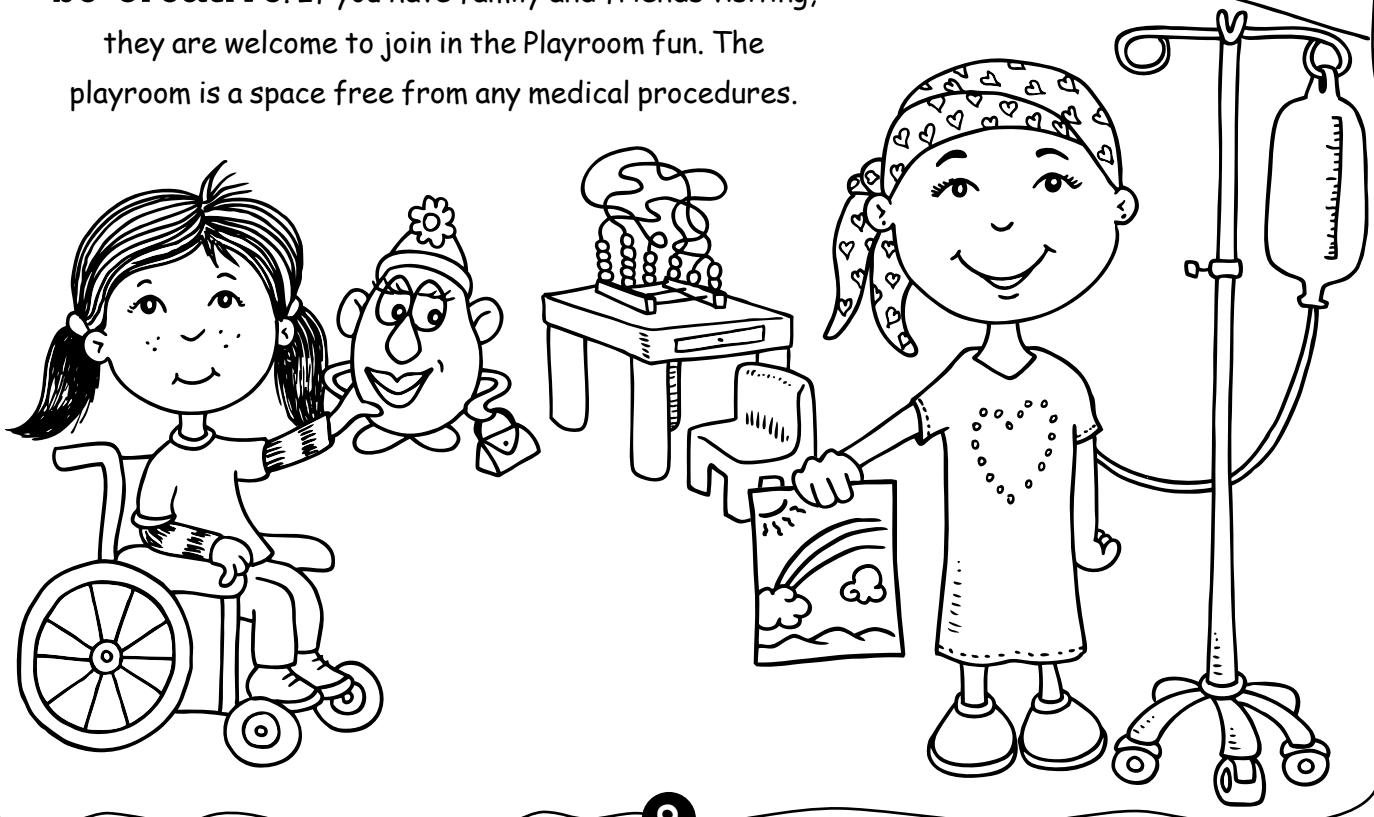
Can you draw yourself here?

Some ideas that may help you feel better are:

- Holding a special person's hand
- Cuddling a stuffed animal
- Watching a fun TV show or movie
- Visiting the Playroom
- Or drawing a picture or thinking about your favorite place or person

Playroom

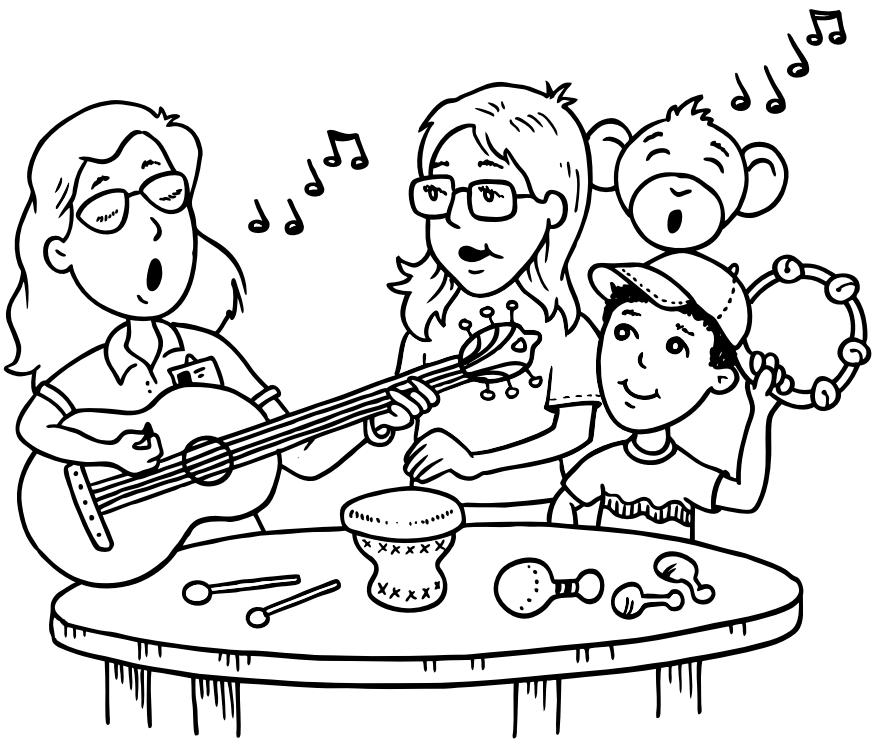
Welcome to the Playroom. You can come here to play with some of your favorite **toys**, **games**, and to **be creative**. If you have family and friends visiting, they are welcome to join in the Playroom fun. The playroom is a space free from any medical procedures.



Art & Music

Art Group

In Art Group you can be creative using different art supplies. Art Group is a time when you can use your imagination to create lots of different pictures, collages, and other artwork.



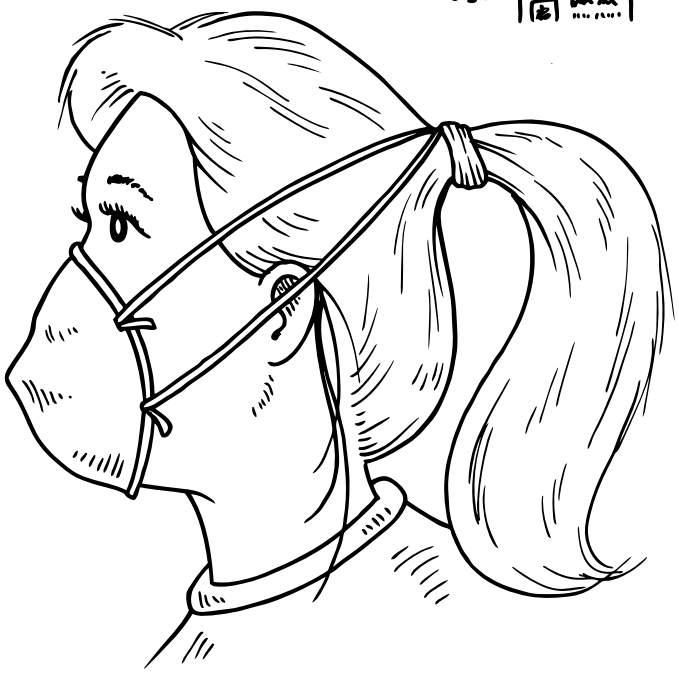
Music Group

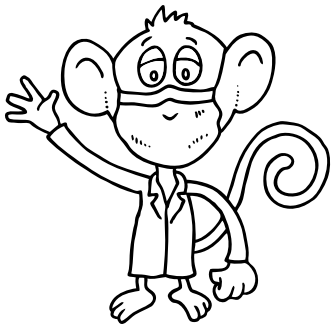
Music Group is an activity that happens in the Playroom. Many children like to come sing favorite songs, bang on drums, and make music.

Masks

There are several different types of masks you may see people wearing in the hospital.

These masks help to keep us from sharing our germs with each other.

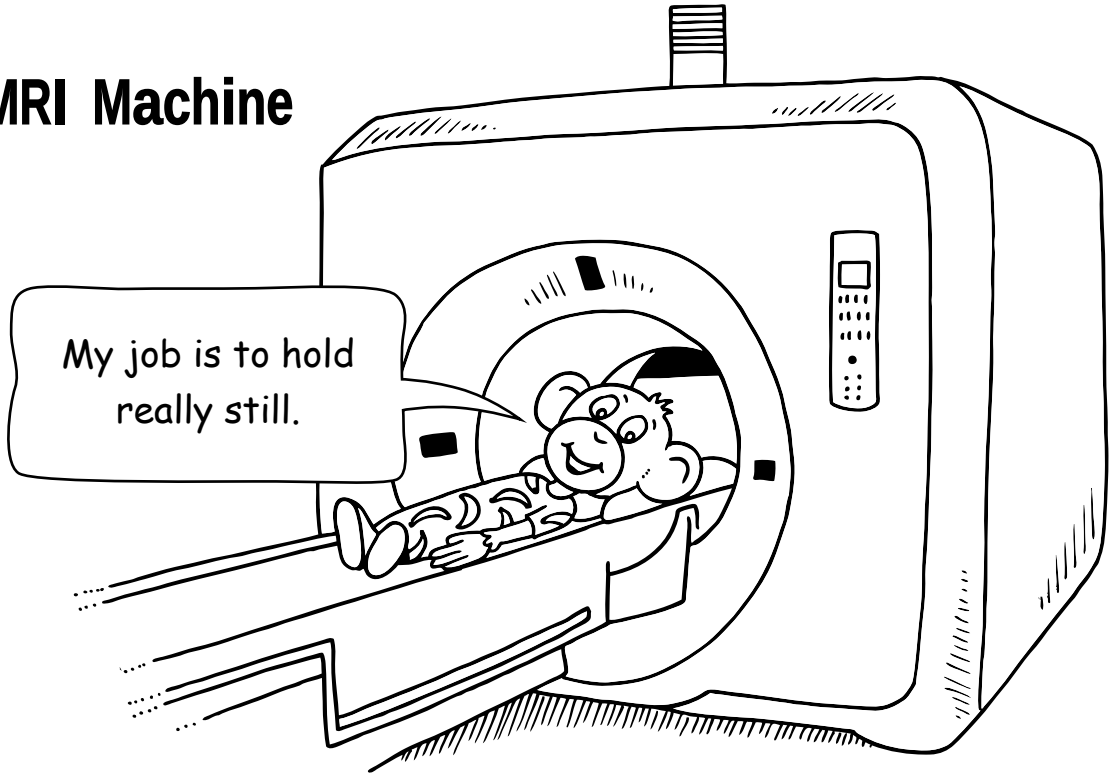




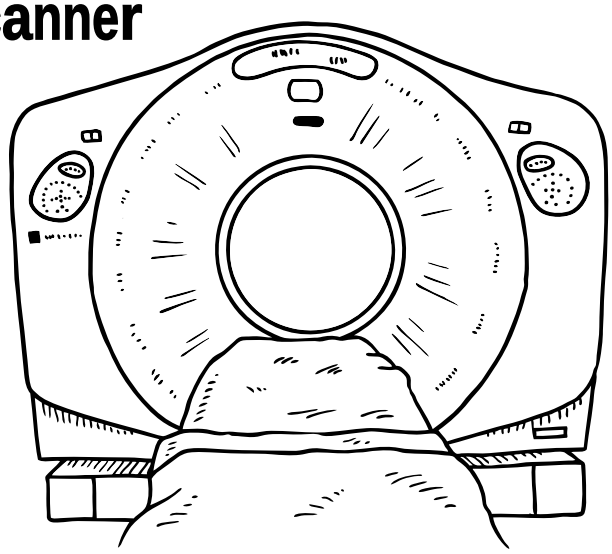
Cool Equipment!

Sometimes the doctors need help finding out what's happening inside your body. You may hear the Doctor or Nurse say you need to have an X-ray, CT Scan, or MRI. These are different ways to **take pictures** of the inside of your body that help the doctors find out why you may not be feeling well.

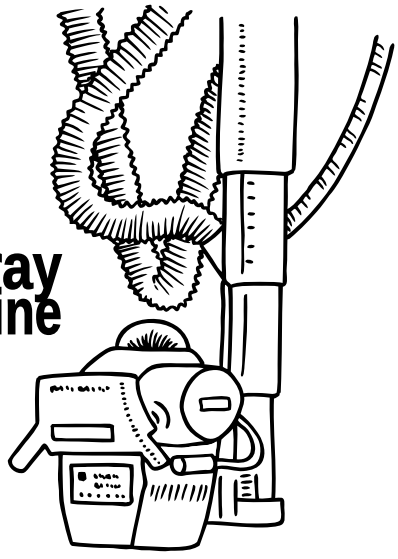
MRI Machine



CT Scanner



X-ray Machine

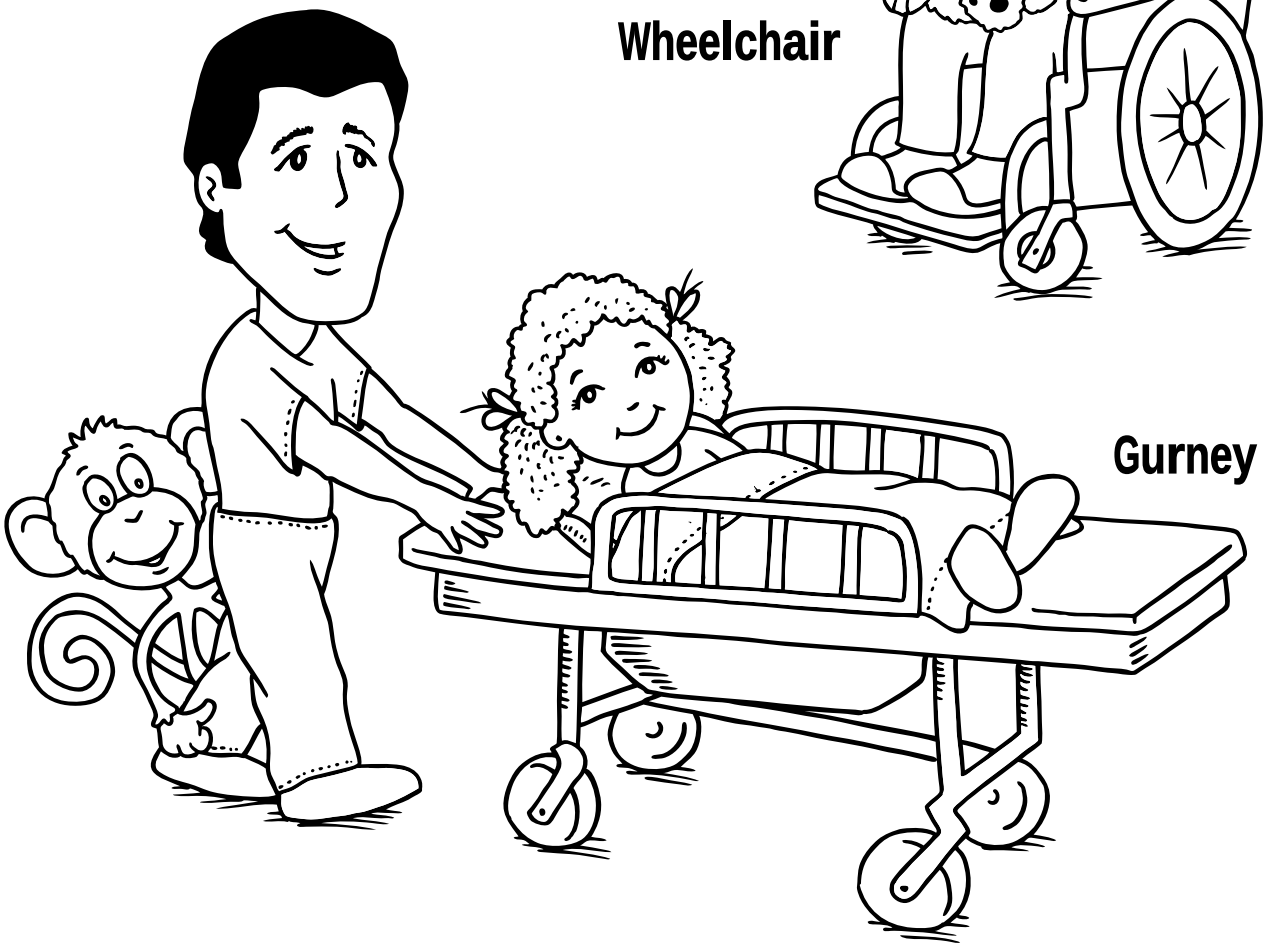


Cool Ride!

If you have to go to another area of the hospital, someone from **Patient Escort Services** will come to help you. The patient escort person will bring a bed on wheels called a **gurney** or bring a **wheelchair**. They will ask to see your name bracelet.

You can take along a favorite blanket or teddy bear, as well as an adult family member for company. Once you're done, the patient escort person will help you back to your hospital room.

Wheelchair



Gurney

Where is it?

Can you find the hidden objects?

star

bell

birdhouse

ladybug

tooth brush

pizza

paint brush

pencil

ice cream

heart

crown

Word Search

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

DOCTOR
PLAYROOM
BLOOD DRAW
X-RAY
MUSIC GROUP
NURSE
MRI
ART GROUP
FAMILY
PATIENT
CHILD LIFE SPECIALIST
VOLUNTEERS
PATIENT ESCORT
CT SCAN
TREATMENT ROOM

Other People You May Meet While in the Hospital

Child Life Specialists: A Child Life Specialist is here to help you understand why you are in the hospital and to help make being in the hospital a bit easier on you and your family.

Music Therapist: The music therapist has a music group Monday thru Friday with drums at 11:30 a.m. in the playroom. There are also piano keyboards, an electronic drum machine, and guitars to play on in children's rooms.

Art Therapist: The art therapist can provide you with art supplies and fun art activities. You can also join in the art group Monday thru Friday.

Playroom Coordinator: The playroom coordinator runs the morning group activities in the playroom and coordinates the playroom volunteers and makes sure there are plenty of fun toys available for use.

Social Worker: The social worker can help your family with lots of different needs they may have while you're in the hospital.

Environmental Services Worker: This person comes to your room to empty the trash, clean the floors, and help keep your room clean.

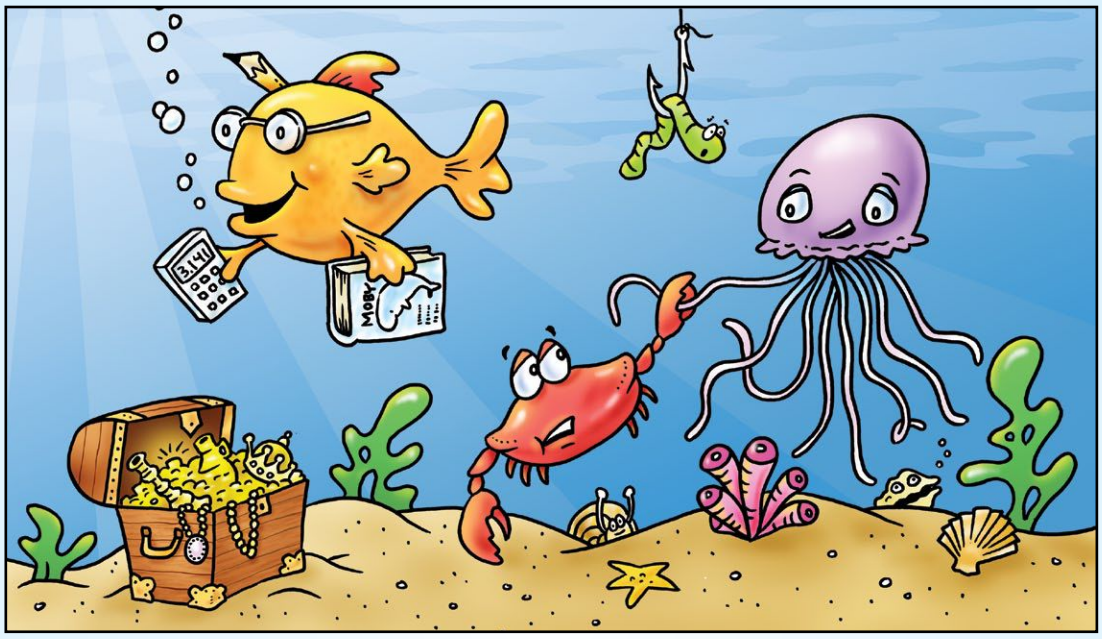
Dietetic Assistant: If the Doctor says it is OK for you to have food, this person will come to your room to ask you what you'd like to eat for each meal that you will have while in the hospital.

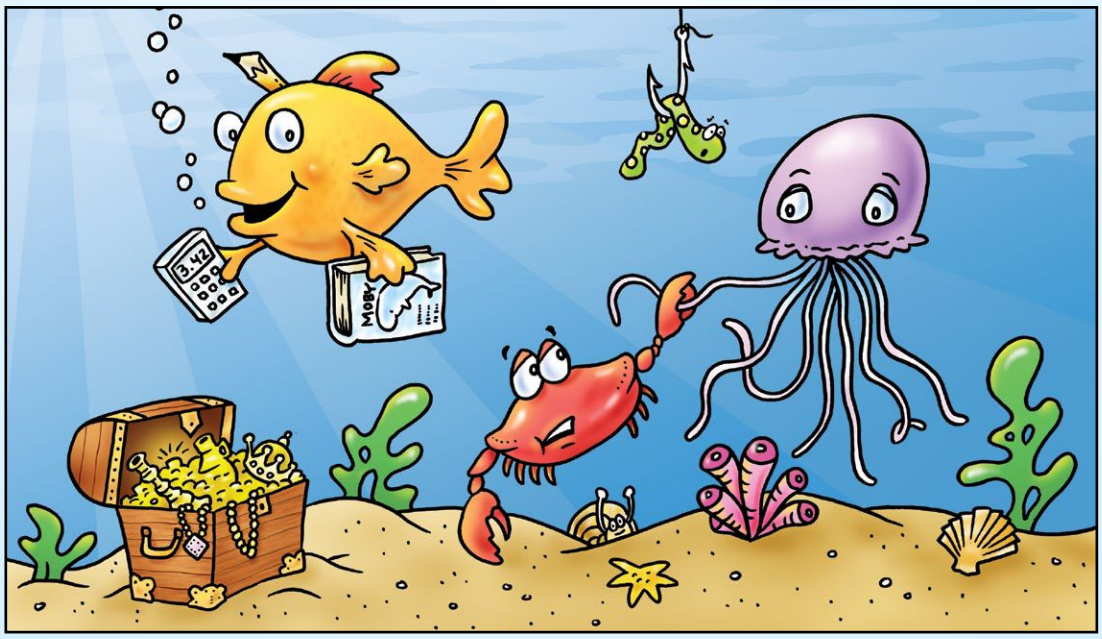
Volunteers: These people wear yellow T-shirts and come to spend time helping kids have fun, either in the playroom or in your hospital room.

Teacher: The teacher is available if you attend school and need help staying on top of your school work while you are in the hospital.

What's Different?

See if you can find the 10 ways these two pictures are different!

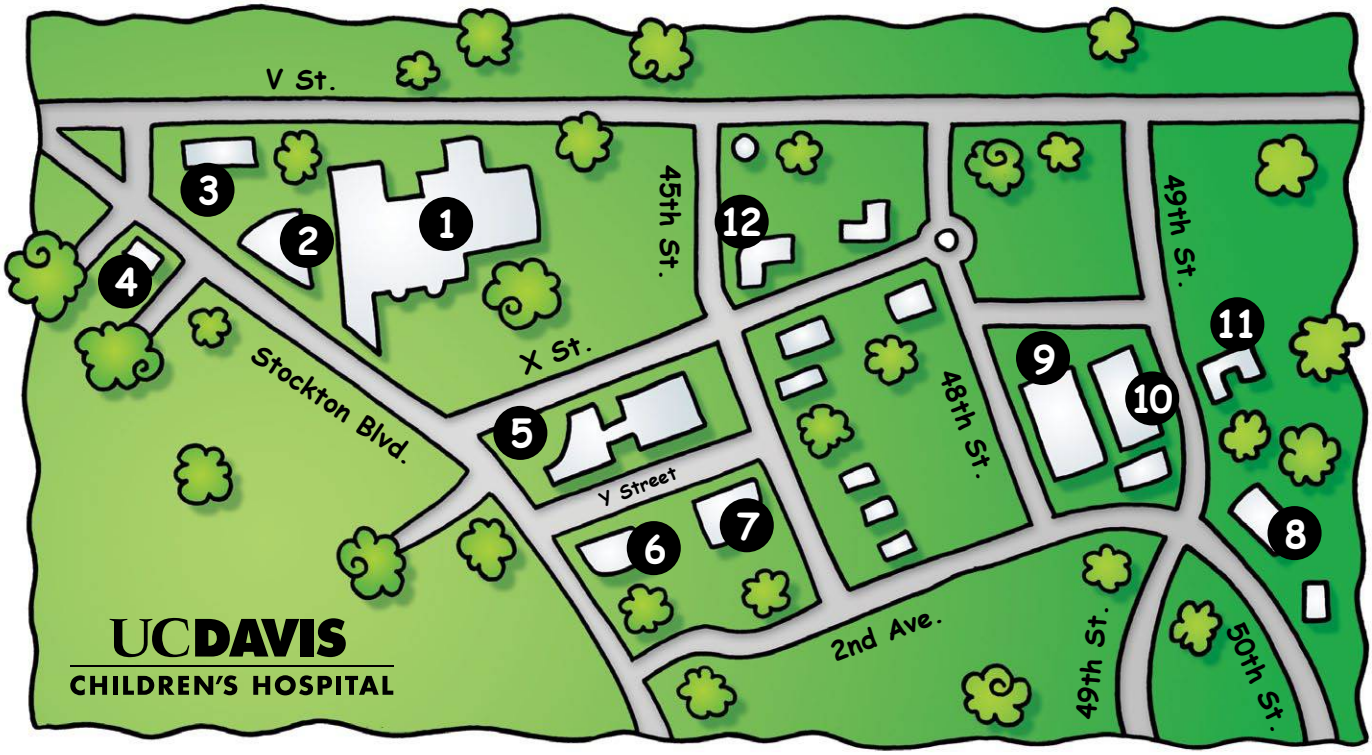




Answer: Because they swim in schools.

Question: Why are fish so smart?

UC Davis Children's Hospital



Locations:

1. **UC Davis Medical Center Main Hospital**
   2315 Stockton Blvd.
2. **Parking Structure #1**
3. **Cypress Building**
   2221 Stockton Blvd.
4. **Psychiatry Building**
   2230 Stockton Blvd.
5. **Shriners Hospital**
   2425 Stockton Blvd.
6. **Glassrock Building**
   2521 Stockton Blvd.
7. **Courtyard by Marriott, Midtown**
8. **MIND Institute**
   2825 50th St.
9. **Lawrence J. Ellison Ambulatory Care Center**
   4860 Y St.
10. **Parking Structure #2**
11. **Ronald McDonald House**
    2555 49th St.
12. **Cancer Center**
    4501 X St.

This coloring and activity book was created by
UC Davis Children's Hospital's Child Life Department.

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CHILDREN'S HOSPITAL

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