My Hospital Map

I am going to the hospital. I can ask questions and have all my feelings.

Name: _____ **Date:** _____

1 How I feel about going to the hospital

Tick all that fit. Feelings can change every day

- [ ] Scared
- [ ] Curious
- [ ] Brave
- [ ] Worried
- [ ] Angry
- [ ] Sad
- [ ] Okay
- [ ] Not sure

2 What I might see, hear and feel

Tick the ones I want to ask about

- [ ] A name bracelet
- [ ] A hospital gown
- [ ] Beeping machines
- [ ] A special bed
- [ ] A blood pressure cuff
- [ ] Nurses and doctors
- [ ] A mask or an IV
- [ ] Bandages after

3 My questions

Write or tell a grown up who can write it for me

Why I am going: _____

What the doctor will do: _____

A question for my nurse: _____

Something I am worried about: _____

4 My comfort kit

Draw or write what I will bring: a toy, a blanket, music, a book

My comfort kit:

Original layout by Lotus & Tulip. A support tool, not a test, a diagnosis or therapy. All feelings are okay.

My Hospital Coping Plan

Calm skills, my hospital day steps and my getting better week.

Name: _____ **Date:** _____

1 Calm skills I will practice

Pick 2 or 3 and practice them at home first

- [ ] Belly breathing
- [ ] Squeeze a hand
- [ ] Count to 10
- [ ] Listen to music
- [ ] Watch a video
- [ ] Play a game
- [ ] Hug my comfort toy
- [ ] Ask a question

2 My hospital day steps

Tick each step when it is done. Ask what comes next

- [ ] 1 Check in
- [ ] 2 Get my bracelet
- [ ] 3 Meet my nurse
- [ ] 4 Put on a gown
- [ ] 5 Sleep medicine
- [ ] 6 Wake up
- [ ] 7 Rest and heal
- [ ] 8 Go home

3 My getting better week

Color a box each day after I come home

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I rested and healed	☐	☐	☐	☐	☐	☐	☐
I talked about it	☐	☐	☐	☐	☐	☐	☐
I did something fun	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Honest words, good timing, calm adults

Be honest in simple words. Say why, and that it is not a punishment. Ask the care team every medical question first.

Timing: about 1 to 2 days ahead for toddlers, longer for older children (ask your hospital). Ask for a child life specialist.

Clinginess, sleep changes or new fears for a few weeks after are common. Follow the pain plan and call the care team if worried.

Crisis: call or text 988. Danger: 911.

Adult notes: questions for the care team, what helped my child, what to tell the school

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