Surgery and Hospital Stay
Books and Resources

Books for Infants to Preschoolers (0-5 years)

Clifford Visits the Hospital
Norman Bridwell, 2000
Clifford visits the hospital and causes trouble wherever he goes.

Franklin Goes to the Hospital
Paulette Bourgeois, 2011
Franklin the turtle has to go the hospital for a surgery because he has cracked his shell. The book follows Franklin through admission and the surgery process and addresses common fears that children have about the hospital and surgery.

Maisy Goes to the Hospital
Lucy Cousins, 2009
Maisy falls and hurts her leg and has to go to the hospital. She doesn't like being away from home, but a friendly patient soon makes her feel better.

Sesame Street: Elmo Goes to the Doctor
Publications International, 2010
A board book that includes sounds and a doctor tool set.

Zip-Line
David Humphreys, 2012
A book for kids who have a scar on their chest from open heart surgery. A little girl and her bunny rabbit tell how the girl got her scar.

Books for School-Age Children (6-12 years)

Berenstain Bears: Hospital Friends
Mike Berenstain, 2015
The Berenstain Bears take a trip to the hospital and get a tour. While Brother and Sister Bear see the amazing things that happen in the hospital, they make new friends along the way.

Blueberry Eyes
Monica Driscoll Beatty, 1996
This non-fiction book talks about a child's experience with eye treatment, including wearing glasses and eye patches, having eye muscle surgery, and more.

Franklin Goes to the Hospital
Paulette Bourgeois, 2011
Franklin the turtle has to go the hospital for a surgery because he has cracked his shell. The book follows Franklin through admission and the surgery process and addresses common fears that children have about the hospital and surgery.

Getting Your Child Ready for Outpatient Surgery
Jerry C. Vaughan, 2004
This book describes the surgical experience in an educational and positive way. Each area of a typical outpatient surgery is covered. This book also includes activities and questionnaires to help children prepare for their surgery day.
Books for School-Age Children (6-12 years), continued

Good-bye Tonsils!
Juliana Lee Hatkoff and Craig Hatkoff, 2004
This book tells the story of Juliana, a girl who needs to have her tonsils removed. The authors walk through the day of the tonsillectomy, helping Juliana understand what will happen when she has her surgery.

Harry Goes to the Hospital
Howard Bennett, 2008
When Harry gets stomach flu, his parents take him to the hospital. With his parents’ comfort and the help of lots of doctors, nurses, and other people, Harry learns that the hospital doesn’t have to be a big, scary place.

Jake’s Ache: A Surgery Story
Rylee P. Landau, 2015
Inspired by the author’s personal surgery experience. In the book, Lori tells her story to her younger cousin Jake after he finds out he has to have surgery.

The Surgery Book: For Kids
Shivani Bhatia, 2010
This book follows Iggy, a boy who needs his tonsils out, through his hospital experience. Written by a doctor, it addresses common questions and fears children have before surgery.

Books for Adults

Will it Hurt? Parents’ Practical Guide to Children’s Surgery
Armen G. Ketchupjian, 2013
This book provides support, information, answers and counseling that parents and their children may need when facing surgery. The author walks parents through all the steps in the surgical process.

Your Child in the Hospital: A Practical Guide for Parents
Nancy Keene, 2015
This book offers advice from veteran parents on how to cope with a child’s hospitalization. The book includes easy tips for preparing children for the hospital, handling medical procedures and dealing with insurance.

Websites

Seattle Children’s What to Expect Photo Books
www.seattlechildrens.org/photobooks
Written by Child Life specialists, these photo stories can lessen your child’s worry and spark conversation. Look for these books:
• What to Expect on Your Surgery Day
• What to Expect During Your Hospital Stay
• What to Expect When You Visit Your Sibling in the ICU or NICU

Seattle Children’s How to Prepare pages
Tips for preparing your child for surgery or a hospital stay, broken down by age group:
• Your Child’s Surgery: Preparing Your Child
  www.seattlechildrens.org/patients-families/surgery/preparing-your-child/
• Your Child’s Hospital Stay: Preparing Your Child
  http://www.seattlechildrens.org/patients-families/hospital-stay/preparing-your-child/

KidsHealth
www.kidshealth.org
Provides doctor-approved health information about children from before birth through adolescence. KidsHealth has separate areas for kids, teens and parents.

My Kid’s Surgery
mykidssurgery.com
Information, pictures and resources about surgery and anesthesia for children and parents.
Mobile Device Apps

Simply Sayin'
Uses pictures, sounds and a child-friendly glossary of terms to facilitate clear conversations between the healthcare provider, child, and family. Compatible with Android and Apple platforms. Also in Spanish. Free.

The Human Body Lite
Explore a working model of the body. Every part is interactive: the heart beats, guts gurgle, lungs breathe, the skin feels and eyes see. Compatible with iPads and iPhones. Available in multiple languages. Free.

Healing Buddies Comfort Kit
Provides an interactive way for children and teens to cope with pain, worries and other common symptoms. Compatible with Apple platforms. Free.

Riley Child Life Tour
Helps children learn about coming to the hospital and what they might see by using interactive maps, photos, videos and sounds. Designed for Riley Hospital for Children. Compatible with iPads. Free.

Doc McStuffins: Time For Your Checkup!
Children can help Doc, Hallie, Lambie and the rest of her friends care for toys, dolls and more. Compatible with Apple platforms. $3.99.

To Learn More
- Child Life 206-987-2037
- Family Resource Center (level 7, River zone) 206-987-2201
- Your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services
- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.