

# Surgery and Hospital Stay Resources

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Many of these resources may be available at your local library or online.

## Infants to Preschoolers (0-5 years)

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### 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.

### Goodnight Hospital Room

Marilyn Luce Robertson, 2016

This illustrated book of rhymes is a whimsical way to help children feel calm about spending the night in a hospital.

## School-Age Children (6-12 years)

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### 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.

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### 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.

### 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.

### Zip-Line

David Humpherys, 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.

### 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.

### S is for Surgery: A Kids Surgery Book from A - Z

This book guides kids through all aspects of surgery - outpatient or inpatient. Activities promote further conversation and understanding.

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## To Learn More

- Child Life 206-987-2037
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your 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.



**Seattle Children's**<sup>®</sup>  
HOSPITAL • RESEARCH • FOUNDATION

### School-Age Children (6-12 years), continued

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#### Sometimes

Rebecca Elliott, 2011

This book talks about how to be supportive and encouraging brothers and sisters when visiting your sibling in the hospital.

#### 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.

### Resources for Adults

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#### 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

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#### Seattle Children's What to Expect Photo Books

[www.seattlechildrens.org/photobooks](http://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/](http://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](http://www.kidshealth.org)

Doctor-approved health information about children from before birth through adolescence. KidsHealth has separate areas for kids, teens and parents.

### Mobile Device Apps

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#### Dr. Panda's Hospital

This interactive game teaches children about medical care basics as they pretend to work at a hospital. Compatible with Apple platforms and Android. \$1.99.

#### MindYeti

Helps children learn mindfulness through new approaches to being calm and how to cope with experiences that may invoke anxiety, frustration and/or nervousness. Free.

#### 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.