

Children Coming to Hospital

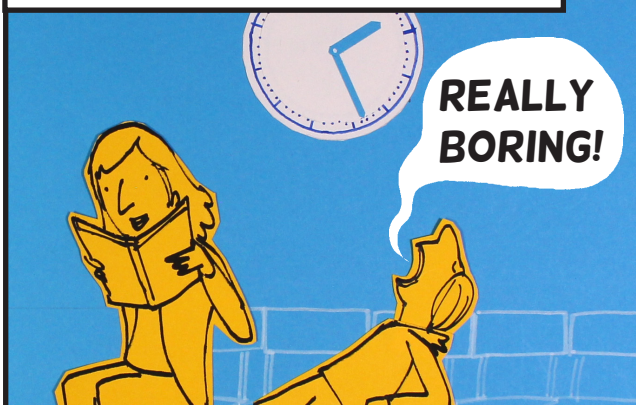
What to expect
& what might
happen



Visiting a hospital can make you feel all kinds of things...



Sometimes it can be...



or seem...



Whatever you
feel is okay.

It is normal to
wonder what
will happen
while you're
there.



Doctors and nurses and your mum or dad are
there to **listen**...



Sometimes mums & dads can be worried too.



So they might be...



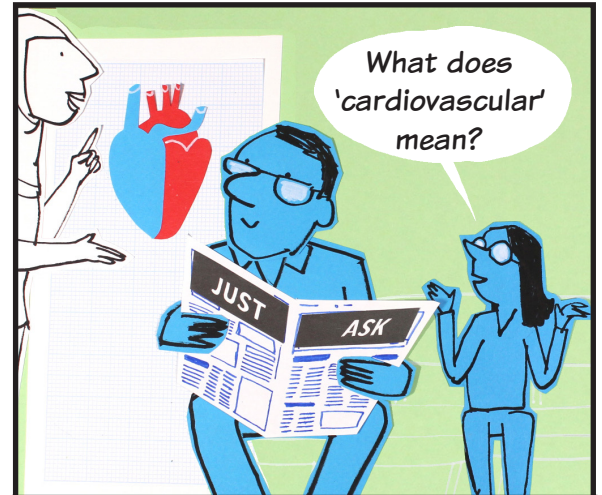
EXTRA NICE!

Or...



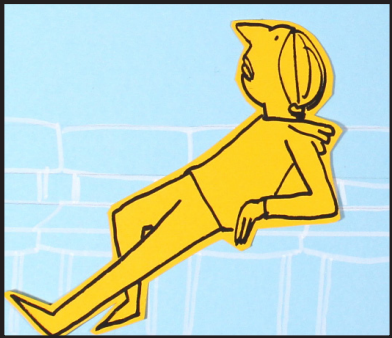
EXTRA GRUMPY!

If there's something you want to know, **just ask**.



Like any words you don't understand.

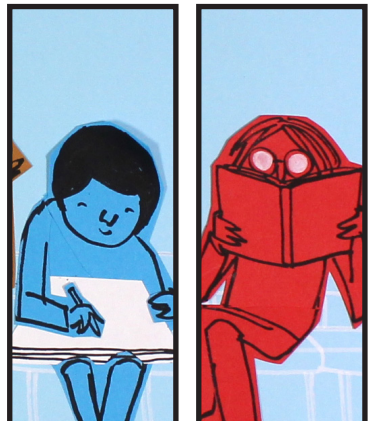
Waiting rooms aren't the most exciting places in the world, so...



you might...



...want to bring...



...something to do.

Remember, you can make **choices** and **decisions** about the things that happen to you.

Like who comes with you.

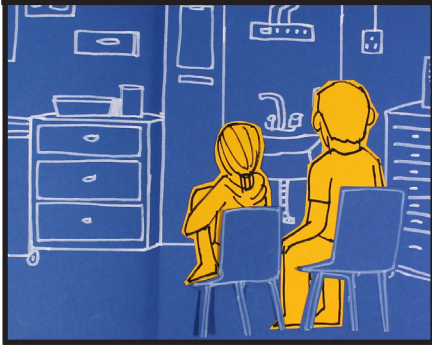


And what you do while things happen.



The more you feel **in control**, the better you will probably feel.

If you find it hard staying still while you have something done...



Try imagining you're playing statues.



or taking a selfie,

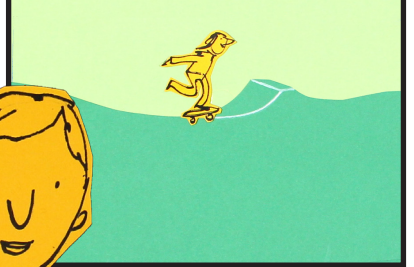
or just ask for a big hug.



Remembering something really special...



or thinking about what you're doing afterwards...



...can make it all go a lot quicker.

ALL DONE!



Everyone's different, so just do whatever works for you.