

Mary Bridge Children's Coloring and Activity Book



Designed by the Child Life Department at Mary Bridge Children's Hospital

This book belongs to:



Meet the Child Life Team:

Mary Bridge Children's Clinics



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Olaf



Kendall

Mary Bridge Children's Hospital



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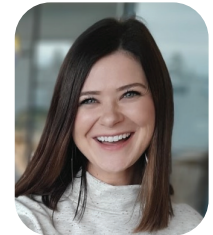
Angie



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Katie



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Mary Bridge Child Life Leader



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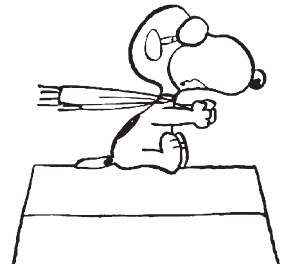
WHAT IS A CHILD LIFE SPECIALIST?

Child Life Specialists are most often found in a children's hospital setting. Their goal is to minimize the stress and anxiety children may experience when receiving medical care. Child Life Specialists also strive to promote normal growth and development by recognizing the emotional, social, and psychological needs of children and adolescents. Both education and play are vital tools for Child Life Specialists as children often cope better when they know what to expect, and, through play, are able to express feelings, learn about, and master health care experiences.

Child Life Services
Helping children cope with their
health care experience.



All About Me!



Here is a picture of

(Write your name here)

me...

My hometown is:

My birthday is:

(Draw or paste of picture of your face)

My hidden talent is...

(Draw or write about your hidden talent...)

I am at the hospital because

Something I wish I could do at
the hospital is

Some of my favorite things are...

Color: _____

Animal: _____

Food: _____

Book: _____

I LOVE
to...

(Draw or write about something you love here)

Three way cool facts about me are:

1.

2.

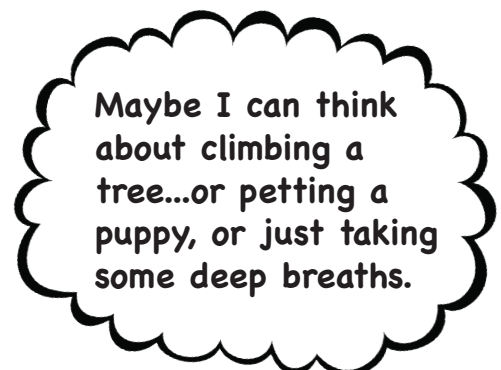
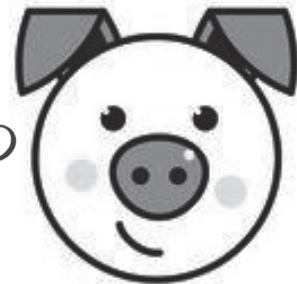
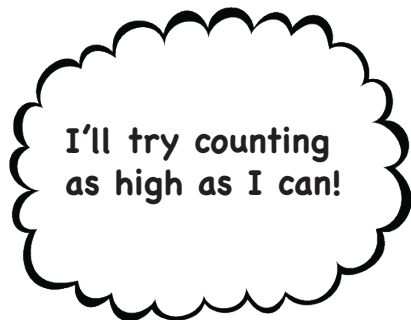
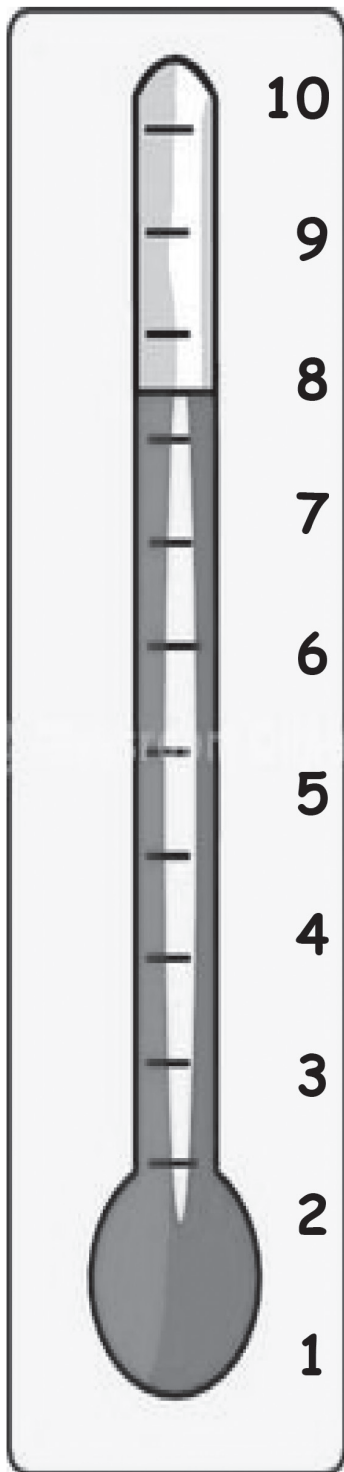
3.

If anyone in the world
could visit me while I am
at the hospital, I would
want _____
to visit me because

Feelings are Important!

Circle how you are feeling right now on the fear thermometer

FEAR THERMOMETER



Ask if a Child Life Specialist is available if you need more ideas to lower your fear thermometer.

Welcome to Mary Bridge Children's Hospital and Clinics

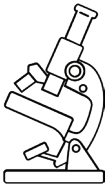
You will meet lots of different people in the hospital.
Everyone has a unique job.

See if you can fill in the blanks below:



NURSES help to check your body. This could mean taking your _____, your blood pressure and listening to your heart and _____.

DOCTORS help take care of you by deciding what your body may need, like _____ or a special test. Some doctors are trained to learn all about certain parts of your body, like your blood or your _____.



Laboratory Technicians (LAB TECHS) help test your blood by taking a small sample to look at under the _____. Don't worry, your body makes more!

CHILD LIFE SPECIALISTS help you understand things in the hospital so it's not scary. Ask your nurse or _____ if you would like one to help today.

RESPIRATORY THERAPISTS help you to _____ better with treatments.



ANESTHESIOLOGISTS give you medicine (with a gas called anesthesia) to make you _____ if you have surgery. This is so you won't feel anything including pain during your surgery. You would breath this through a _____. Some kids get medicine through a small straw called an IV to fall asleep instead of a mask.

VOLUNTEERS are hospital helpers that enjoy visiting with kids like you.

See if one is available to play a _____ or read a _____ with you.

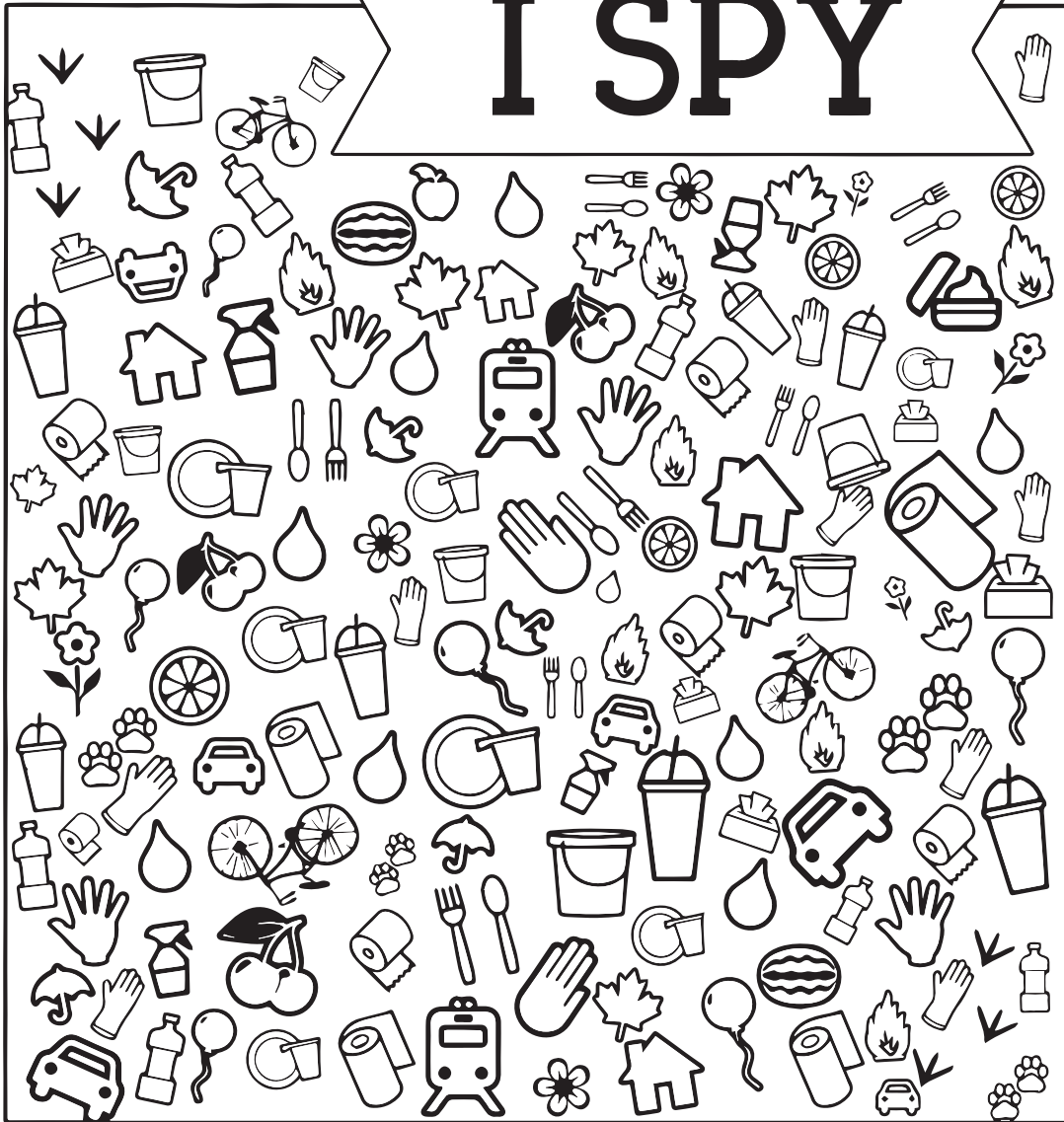


Hi!
I'm your
anesthesiologist!



More Fun!

I SPY



- 2 duck tracks
- 4 spray bottles
- 4 flowers
- 2 watermelons
- 4 houses
- 5 hands
- 7 forks/spoons
- 4 paper rolls
- 6 umbrellas
- 6 cars
- 7 drinks
- 1 apple
- 7 buckets
- 4 paw prints
- 7 flames
- 4 bikes
- 2 trains
- 4 oranges
- 6 balloons
- 7 plates/cups
- 3 cherries
- 9 water drops
- 6 leaves

WORD JUMBLE

ICUMS

AYLP

LBSBUEB

EIC

IEDMINEC

LMIAFY

RDMAAYDE

MEDICINE

PLAY

DAYDREAM

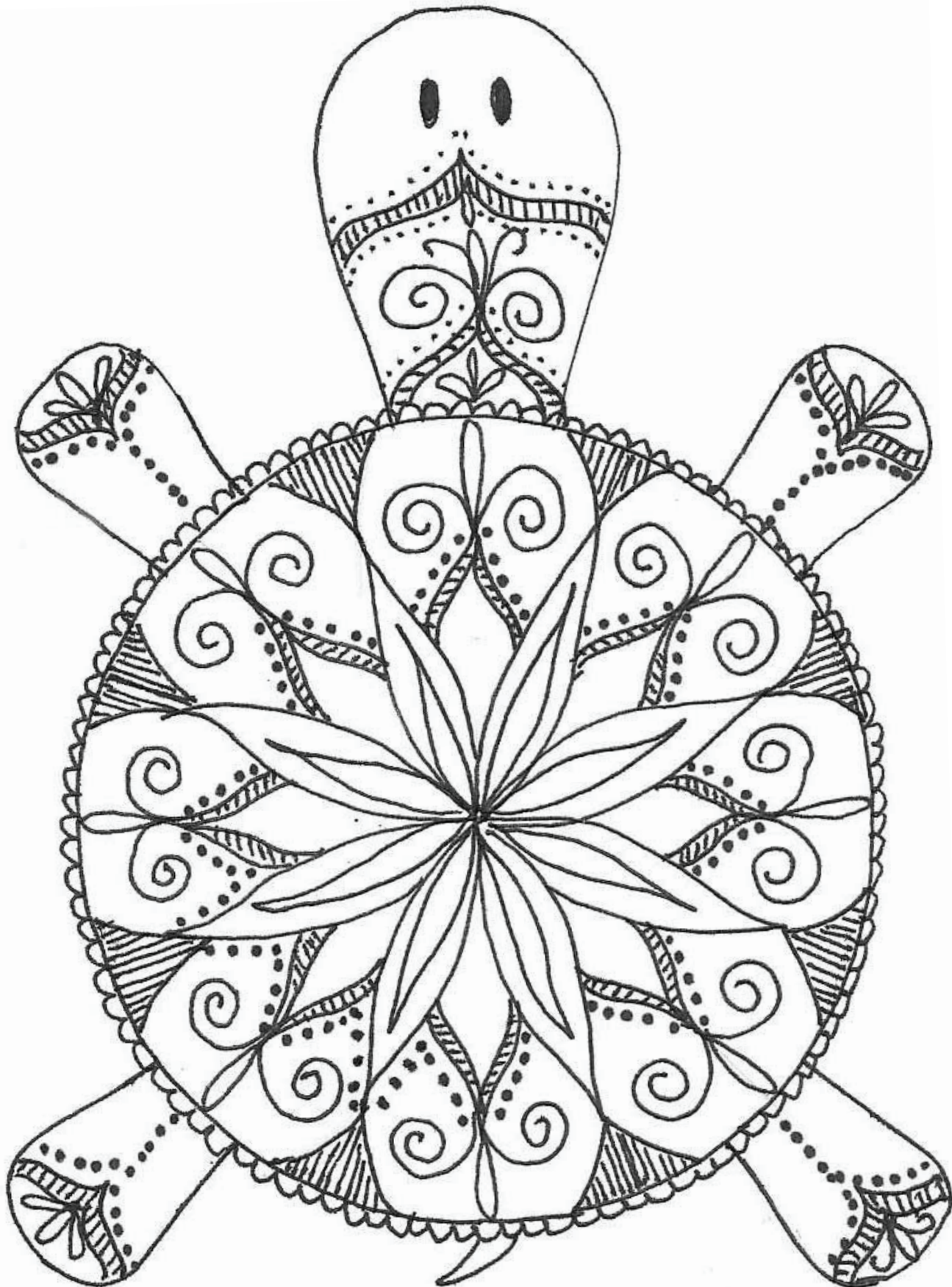
BUBBLES

ICE

FAMILY

MUSIC

COLOR THE MANDALA

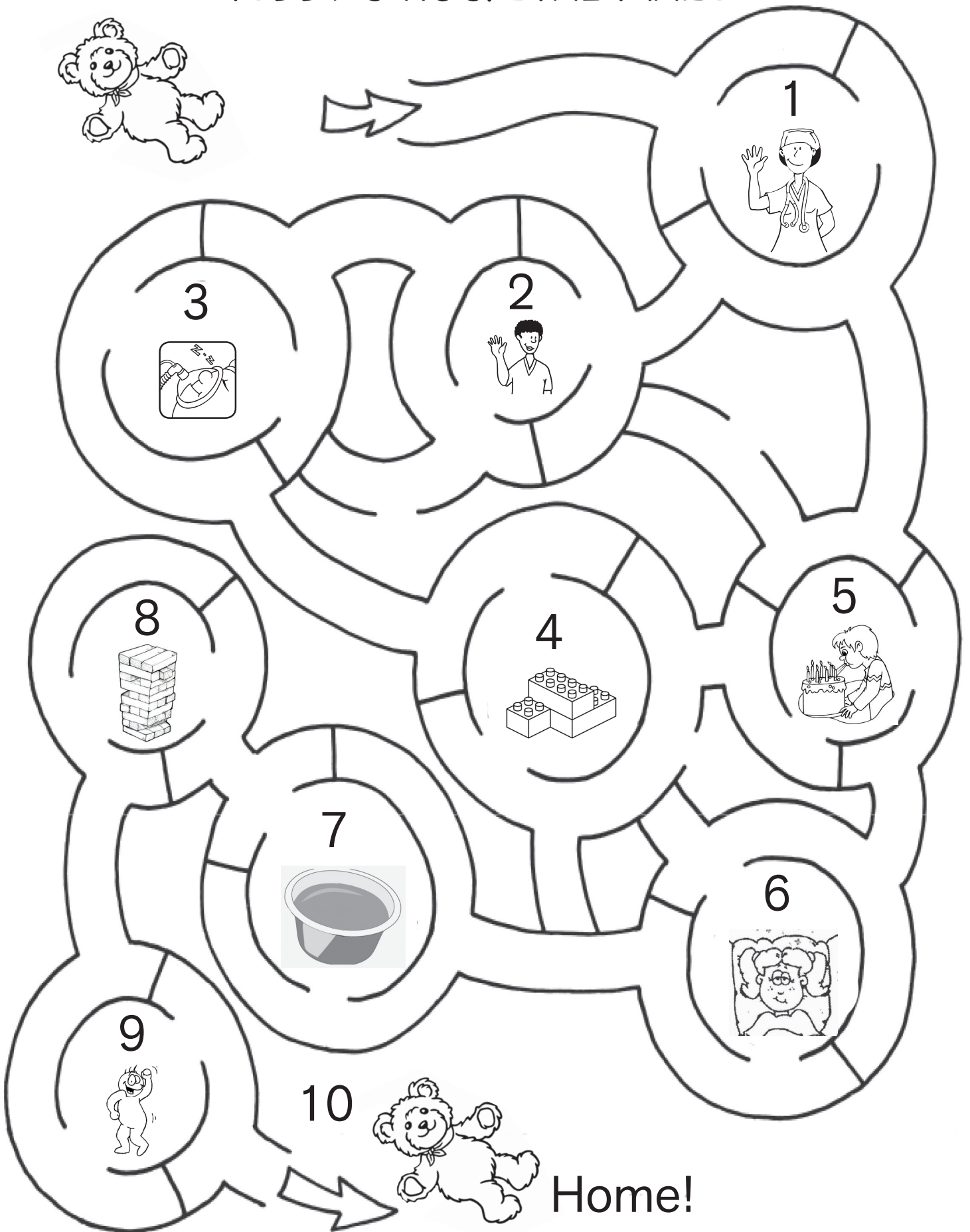


TEDDY'S HOSPITAL MAZE

Help Teddy get through his overnight stay at the hospital so he isn't scared. Find the number that goes with the picture on the next page.

1. Teddy meets his nurse and gets checked into his room. Teddy's excited to find out his mom and dad can spend the night too!
2. Teddy finds out he will be having surgery later today. Teddy also find out he will have special medicine that will make him sleep through his entire surgery.
3. The Child Life Specialist shows him the mask that will help Teddy fall asleep for his surgery. She lets him know he will also get medicine through his special straw, or IV, that he received in the Emergency Department too.
4. Teddy gets a visit from the volunteer and builds a huge lego tower while he waits in his room!
5. It's surgery time! Teddy is excited and scared at the same time! He remembers the Child Life Specialist in the Emergency Department told him, "Teddy, if you get scared, take deep breaths like you're blowing out all the candles on your cake and can't get that last one!" This will help you calm your body. Teddy closes his eyes and pretends he's blowing all the candles out on his birthday cake.
6. Teddy is back in his room and he feels kind of dizzy. His nurse says that's normal after surgery. The Child Life Assistant brings his favorite movie, Frozen, to watch as he recovers in his room.
7. His other nurse brings his favorite snack - Orange Jello!
8. Teddy participates in a fun event from the monthly activities calendar before the doctor gives him the okay to go home.
9. Teddy will always remember his hospital stay and how everyone helped him so he wasn't scared!
10. HOME!

TEDDY'S HOSPITAL MAZE



1



2



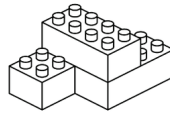
3



5



4



8



7



6



9



10



Home!

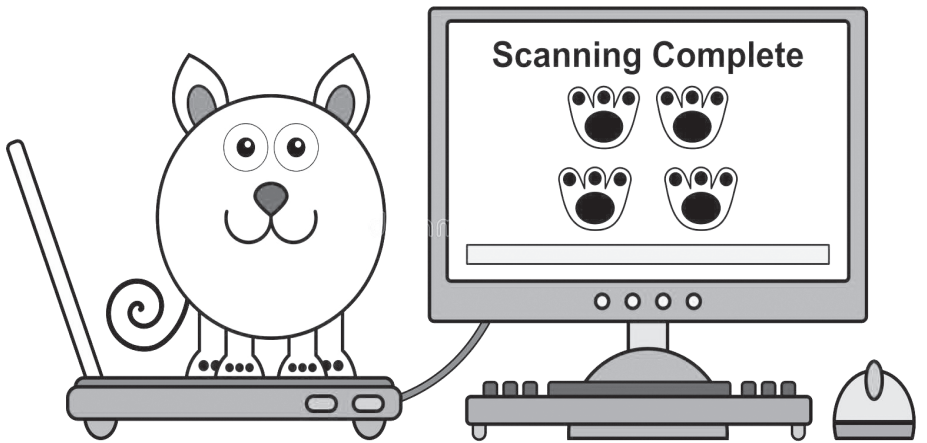
OLAF III

Child Life Facility Dog



You will hear many new words while you are at the hospital. Some of them may sound confusing.

Does CAT Scan mean it will have cats in it?
Why is he calling the bed a stretcher?
What does it mean when she says I need to "void" in a cup?



Below are some words that are used in the hospital. When you hear a new word, write it down and ask your doctor, nurse or child life specialist what they mean.

IV: Soft, flexible tube called a catheter that is used to put medicine or special water into your veins.

Anesthesia: Medicine that will either make you feel sleepy or put you in a sleep like state (different than the sleep at night when you go to bed) for surgery or a procedure.

Dressing: A special clean bandage used to cover a part of your body while it heals.

Chest Tube: A small tube put into your chest, near the lung to take out liquid and help you breathe.

Fracture: A broken bone

NPO: Nothing to eat or drink

Syringe: A clean plastic tube that holds medicine or fluid.

New Words

What they Mean

ALL OF ME

Even if it doesn't always feel like it, your fears are just a small part of you. You are SO much bigger than your fears.

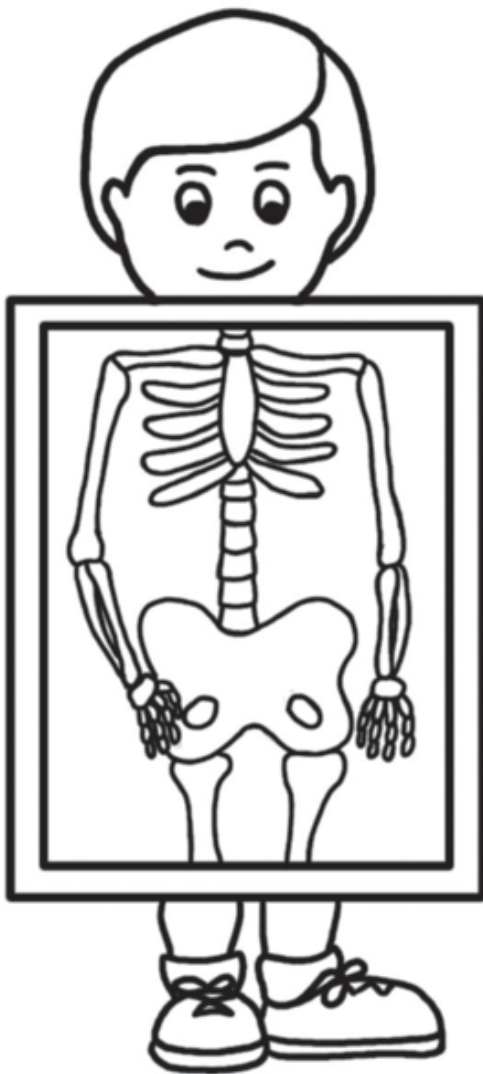
Put one or two of your biggest fears in the middle shapes, then fill the rest with all of the things you enjoy, the people you love, the things you are good at, great memories you have, things you've achieved, nice things people have said about you and anything else you can think of.



Whenever you feel afraid, come back to this page to help yourself be brave.

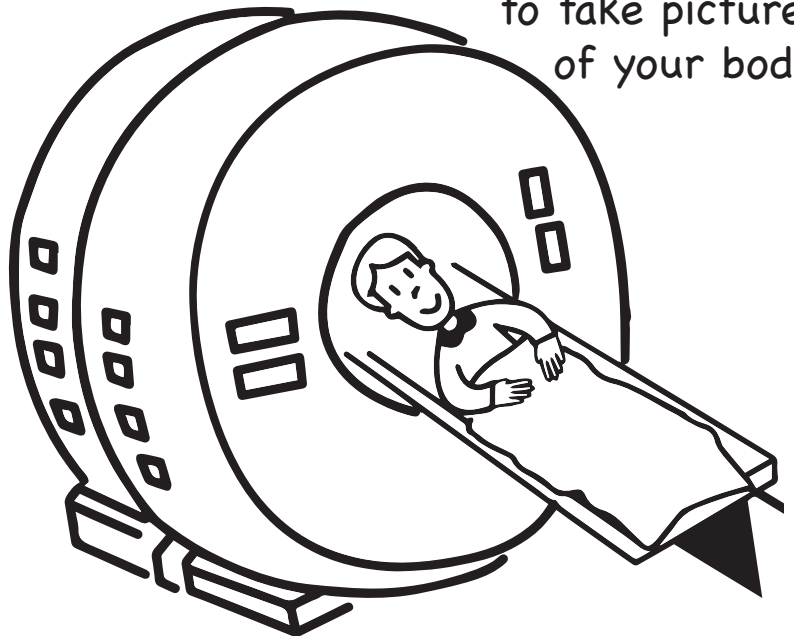
PICTURE TIME!

The doctor needs to know about the inside of your body. One way they can find out more is with an x-ray. Other ways to view the inside of your body are with a CT, MRI or ultrasound. These different machines take pictures of your body, like a camera taking a picture. The doctor may have you sitting, standing, or lying down while taking these pictures. These cameras also do not touch your body. You may put on a gown and it might be cold in the room, so you can ask for a blanket.

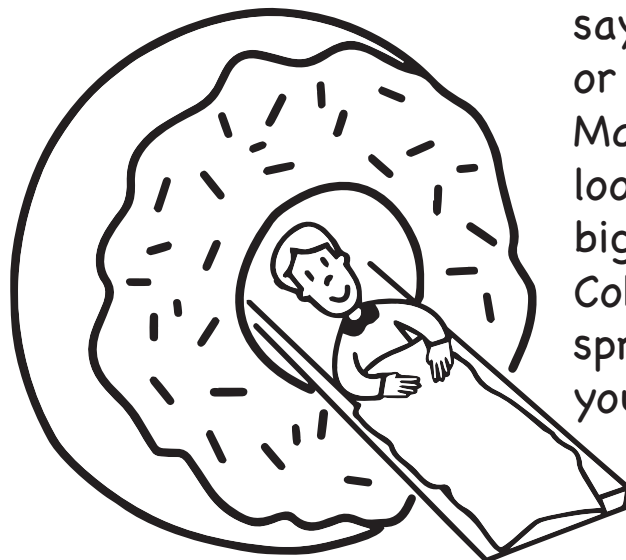


An X-ray provides a picture of inside the body by using special radioactive rays. An X-ray can show bones, tissues or parts of organs.

An MRI uses a large magnet, radio waves and computers to take pictures of your body.



Some kids say an MRI or CT Machine looks like a big donut. Color the sprinkles on your donut.



CONNECT THE DOTS



MEDICINES

You may need to take different kinds of medicine while you are at the hospital. It is never because you are bad or did something wrong. Medicine is given in many different ways.



Medicine
in a cup



Pills to
swallow



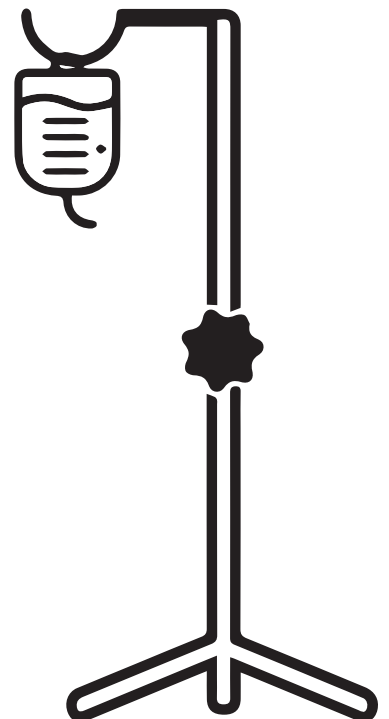
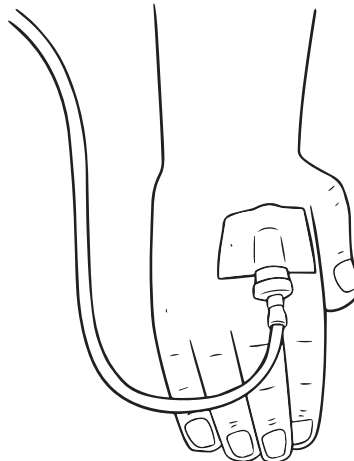
Medicine
through
a syringe

Medical play on your stuffed animal or a Hospital Buddy can help you feel more comfortable getting your medicine or treatment. Ask your nurse if a Child Life Specialist can play with you.



Sometimes a PICC
Line, Port or
Central Line are
needed for getting
medicine for a longer
period of time.

Medicine through an IV

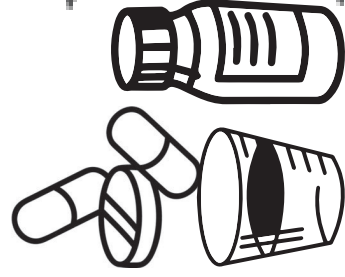


I can do it!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My Name: _____

My reward is:

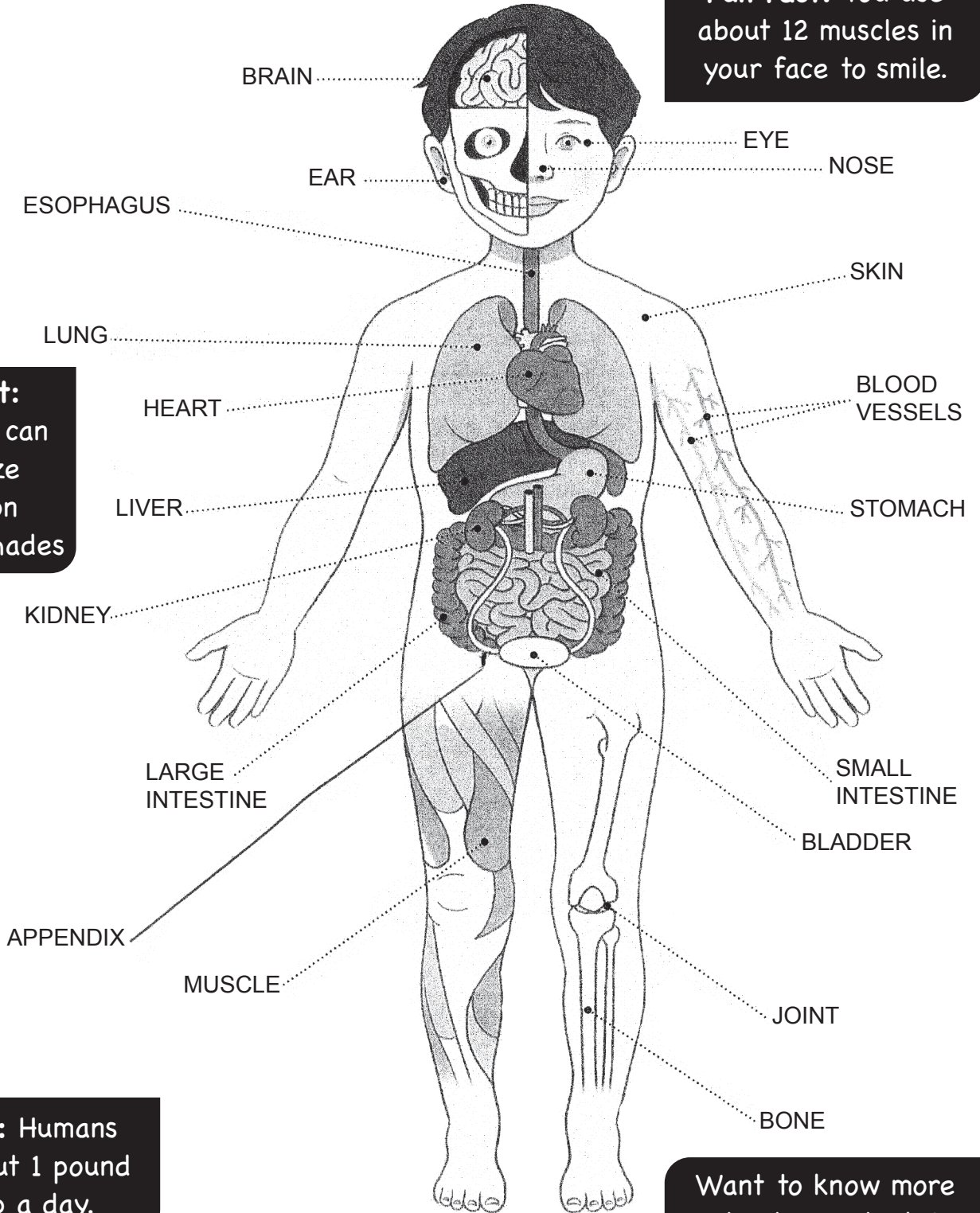


Your Body

Do you ever wonder what's inside your body, underneath your skin? Sure, you've got lots of muscles that make you strong, what else?

Your body has bones, blood, veins, and organs inside. Your organs don't play music—they make your body work. Your heart, lungs, stomach, and liver are all organs.

Fun Fact: You use about 12 muscles in your face to smile.



Fun Fact: Your eyes can recognize 10 million different shades

Fun Fact: Humans make about 1 pound of poop a day.

Want to know more about your body? Visit kidshealth.org

Having Surgery?

Find the part of your body you are having surgery on.

SURGERY ROOM

Here is a picture of the Operating Room or Surgery Room. It has special equipment and lights. Some children will breath sleepy medicine (anesthesia) for their operation.

Some children will have medicine through their IV. If you are getting a mask with sleepy medicine ask if you can choose a special flavor or scent!

The doctors and nurses wear gowns, hats, masks, and gloves in a surgery to be very clean. Find these items and color them.

Teddy Bear

Anesthesia Machine

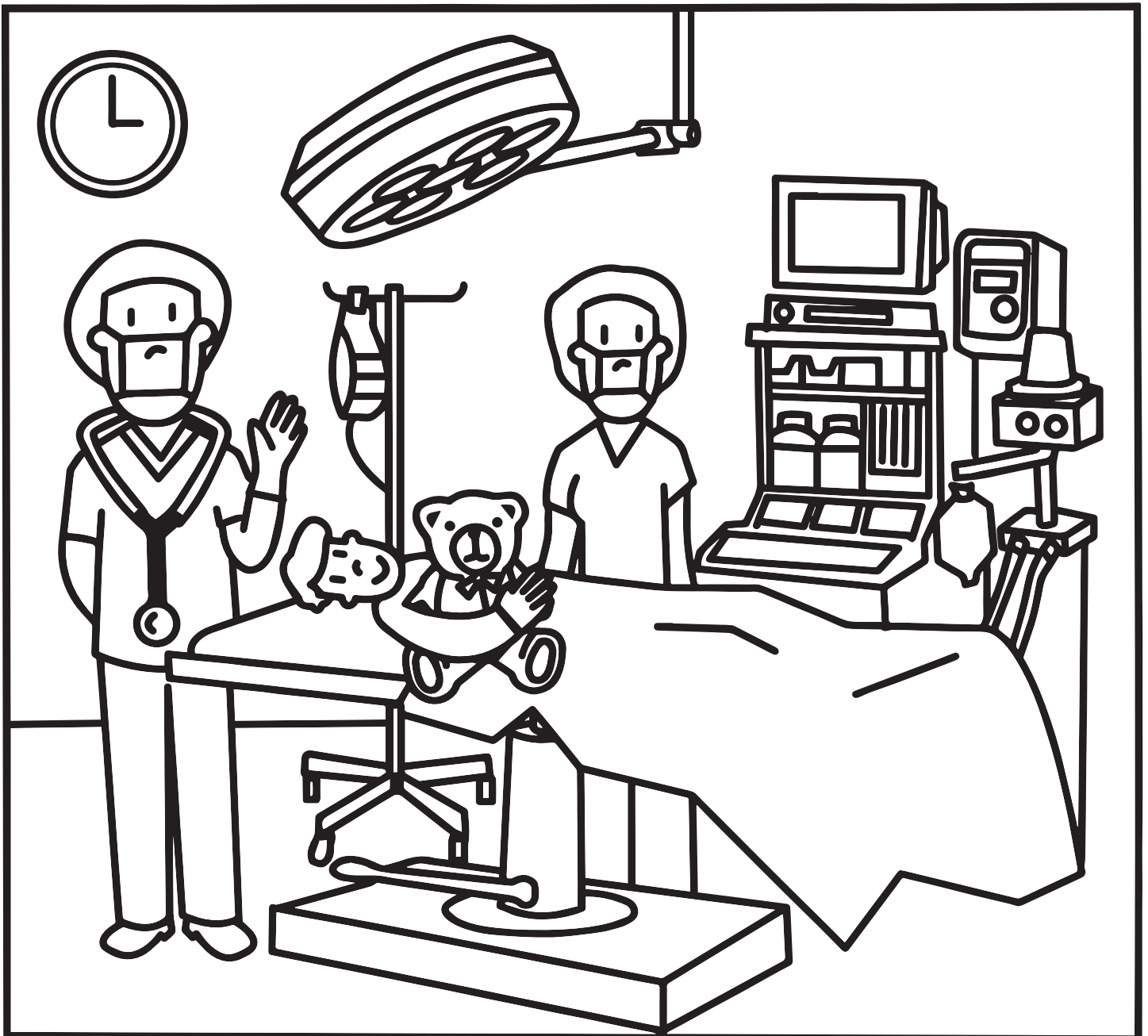
Gloves & Scrubs

Bed

Clock

IV Bag

Lights



Create your own Superhero

Superheros help people. If you could create your own Superhero, what would he/she look like? Draw a picture of your superhero and create a list of the powers the he/she would have?



List the kind of powers
your superhero
would have?

POW!



WORD SEARCH

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

VOLUNTEER
SUPPORT
CRAFTS
FUNNY
FRIENDSHIP
TAP

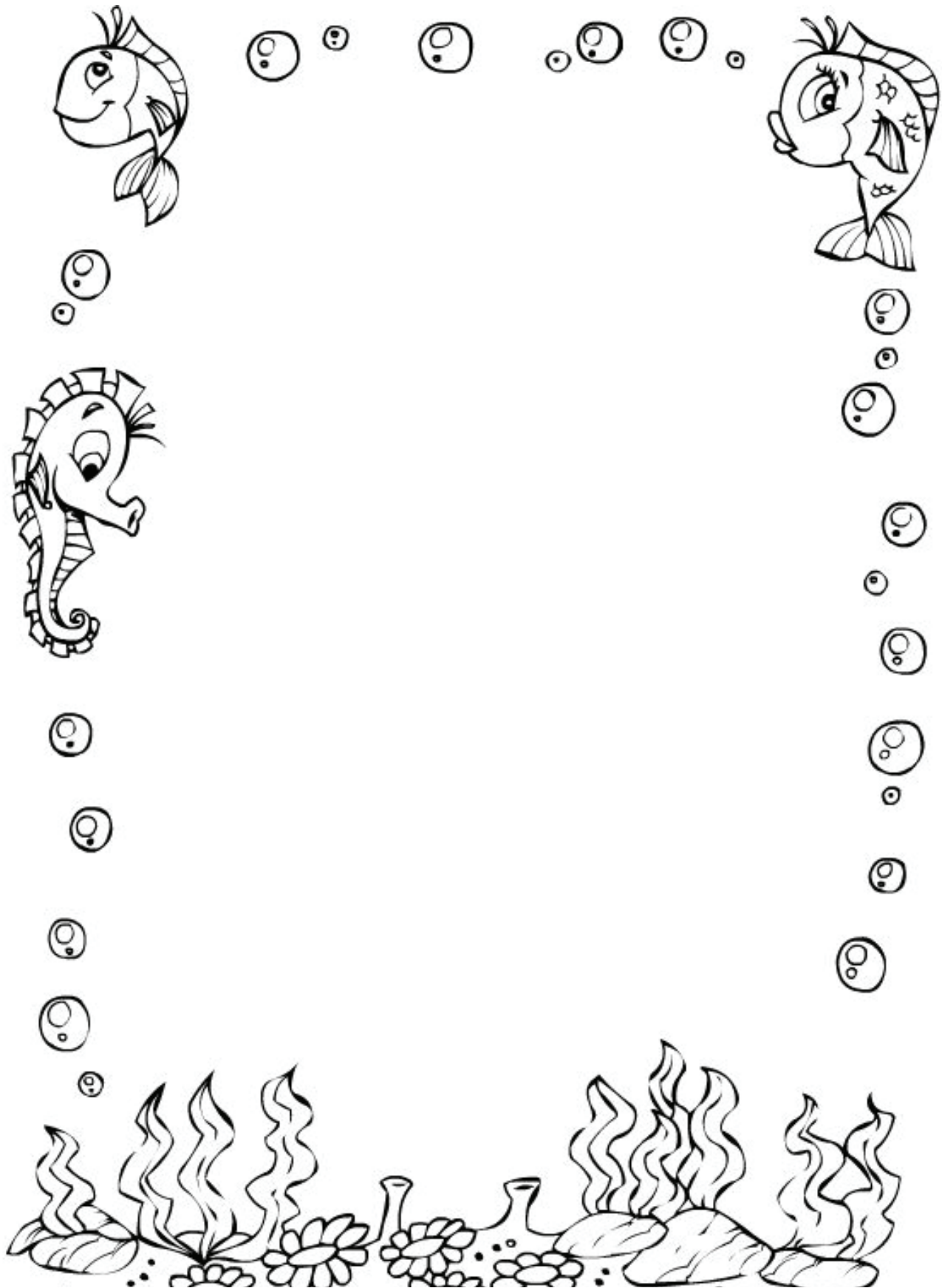
CELEBRATE
SERVICE
FUN
CARING
COLORING
BOOK

PAINTING
SINGING
CREATE
GAMES
ACTIVITIES
KINDNESS

COMFORT
SILLY
PLAY
JOY
SEAL
TILE

YOUR SPACE

This is your space to write, doodle or draw whatever comes to mind!



Check out these helpful websites:



What to expect the day of surgery:

Marybridge.org/surgery

Kidshealth.org/en/kids/or.html

Sites to help you learn about your body:

Kidshealth.org orthokids.org kidsfractures.com

Medlineplus.gov gikids.org verywellhealth.com

Apps: TheHumanBodyLite, Simply Sayin' (also in Spanish)

Fun hospital related apps and sites for pre-school age:

Tiny Docs/Tonsillectomy/Shiver-Me-Tonsils - YouTube

Pbskids.org/Daniel/games/doctor - Playing Doctor Daniel Game

Operation Room/Toy Hospital Tour/DOC McStuffins - YouTube

Apps: Toca Doctor, Okee in medical imaging

Relaxation related apps and sites for school age/teens:

Mind Yeti - YouTube

Headspace.com (free trial on Mindfulness)

Calmradio.com (free trial)

Incredibox (app to make music)

Weavesilk.com (interactive art)

Shadows Edge (free self help app)

Seattleaquarium.org/live-cams

Oddly Satisfying Videos that will Relax You Before Sleep! - YouTube



Mary Bridge Children’s Hospital is the only pediatric hospital in the South Sound dedicated to caring for the special health needs of children. From open-heart surgery to asthma treatment, cancer care to diabetes, Mary Bridge specializes in advanced care for children.

At Mary Bridge, we offer specialized pediatric care, equipment and facilities that aren’t available in most communities. When a child receives care at Mary Bridge, our specialists work closely with local pediatricians or primary care providers, making sure children receive the care they need. With its family-centered care philosophy, Mary Bridge provides services and accommodations for families in a child-friendly environment — a place where kids get better quicker.

