Riley's Hospital Day

A gentle hospital pack for ages 3–8



Know what to expect. Bring something cozy. Ask anything.

Get ready • Read the story • Feel calm • Get better

This pack belongs to: _____

Collyvale

A little place for big feelings.

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For grown-ups

A little help before, during and after a hospital stay

A hospital stay or a small surgery can feel big for a little one. Knowing what to expect, in simple and honest words, helps most children feel calmer.

Be honest and simple

Use calm, true words. Avoid promising that it won't hurt; say the team will help it feel better.

Choose your timing

Tell older children a few days before. Younger children usually need to know closer to the day.

Pack a comfort item

A favorite stuffed animal, blanket or book helps a new place feel more familiar.

Ask about child life specialists

Many children's hospitals have a child life team who help children understand and cope.

Use gentle words

"Special sleep medicine" is different from going to sleep at night. "Magic cream" helps it feel less.

Afterwards

Tiredness, clinginess or bad dreams are common for a little while, and usually pass.

Collyvale is a storybook world, not medical advice. Ask your child's hospital team what to expect, and see healthychildren.org for guidance on preparing your child for the hospital.

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Getting ready

Pack your hospital bag together. Check each thing as it goes in.

- [ ] Pajamas
- [ ] Slippers
- [ ] My comfort toy
- [ ] A favorite book
- [ ] Something to do
- [ ] A photo from home
- [ ] A water bottle
- [ ] _____

Draw your comfort toy

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All about me

My hospital passport. Show it to the nurses and doctors.

MY HOSPITAL PASSPORT

My name is

I like to be called

Draw me here

I am ____ years old

When I feel worried, it helps if...

My favorite things are...

Things I don't like...

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Part 1: Arriving

Riley’s Hospital Day, a little Collyvale story



Riley and Mom drove to the big hospital in town. Riley held his teddy bear very tight.

Nurse Willow smiled. “Welcome! This is the children’s floor.” She gave Riley a wristband with his name on it, and measured how tall he was.

Riley’s bed had a special button. Press it, and the bed went up… and down! Through the door, Riley spotted a playroom full of toys.

Talk together

What did Riley get on his wrist? What would you like to take to the playroom?

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Part 2: The big day

Riley’s Hospital Day, a little Collyvale story



The next morning, Riley put on a soft gown with stars on it. Nurse Willow put some magic cream on his hand. “This helps it feel less,” she said.

Riley held Mom’s hand. The doctor gave him a special sleep medicine. It is different from going to sleep at night.

When Riley woke up, Mom was right beside him, and Nurse Willow had a cup of water ready. “You did it,” Mom whispered.

Talk together

Who was there when Riley woke up? Whose hand would you like to hold?

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Part 3: Going home

Riley’s Hospital Day, a little Collyvale story



Riley felt sleepy and a bit sore. That is OK. It gets a little better each day.

Nurse Willow gave him a shiny star sticker. Then it was time to go home.

Soon Riley was tucked into his own bed, with his teddy bear and a cold popsicle. Mom sat close by. “Home,” said Riley, and he smiled.

Talk together

How did Riley feel when he got home? What would you like to do first when you get home?

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What might I see?

Check each one when you spot it in the hospital.



- [ ] A wristband



- [ ] A bed on wheels



- [ ] A call button



- [ ] An IV pole



- [ ] A nurse's name badge



- [ ] A toy box



- [ ] A TV



- [ ] A cup of water

Draw something else you saw

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My questions

It's good to ask. Draw or write your questions here.

Nurse Willow says:

"You can ask me anything!"



Will it hurt?

The answer: _____

Will Mom or Dad stay with me?

The answer: _____

When can I go home?

The answer: _____

My own questions

Grown-ups: ask the hospital team, and write the answers in together.

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My calm kit

Color the things you will try. Practice them at home first.

color me

Balloon breathing

Breathe in slowly to blow up a balloon in your tummy. Let it out slowly.

color me

Squeeze my stuffed animal

Give your stuffed animal a big squeeze, then let go.

color me

Count to five

Count slowly on your fingers: one, two, three, four, five.

color me

Watch a favorite show

A familiar program can help the time pass.

color me

Hold a hand

Hold Mom's or Dad's hand. Squeeze when you need to.

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Getting better

Color a star for each little win.

 I had a drink Day: _____

 I sat up in bed Day: _____

 I walked to the window Day: _____

 I played a game Day: _____

 I went outside Day: _____

Some days feel better than others. That is OK. Every little win counts.

When I feel better, I'm looking forward to...

Check or color, and add your own.

- ☐ Seeing my friends
- ☐ Playing outside
- ☐ A favorite place
- ☐ A favorite treat
- ☐ _____
- ☐ _____

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Visiting someone in the hospital

If someone you love is in the hospital, this page is for you.

You might see...

- Lots of beds in a row
- Machines that beep
- People who look tired
- Nurses who are busy helping

Kind things to say

"I made you a card."

"I missed you."

"Want me to read you a story?"

Or just hold their hand.

Cut along the dotted line. Fold in the middle.

Get well soon!

Draw a picture

To

Love from

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My Brave Hospital Certificate

Color Riley and Nurse Willow, then fill in your certificate.



This certificate is for

_____

Today I...

- [ ] Took a big breath
- [ ] Held a hand
- [ ] Asked a question
- [ ] Told someone how I felt
- [ ] Tried something new

Date _____

Stick or draw your star sticker here

It is OK to feel worried.
It is OK to cry.

Every little try counts.

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