

## SURGERY

Our experts' recommended resources for preparing your child for surgery

All resources are available at the Family & Community Resource Centre located at the Alberta Children's Hospital.



### BOOKS

#### **Franklin Goes to the Hospital**

*Paulette Bourgeois*

Introduces very young children to what it is like to be in the hospital. Portrays Franklin's experience of being hospitalized for surgery. Recommended for ages 3-8.

#### **Good-Bye Tonsils!**

*Juliana Hatkoff and Craig Hatkoff*

It is time for Juliana to have her tonsils taken out. With the support of her friends, her family, books and toys, she knows exactly what to expect. Recommended for ages 3-8.

#### **I Don't Want to Go to Hospital**

*Tony Ross*

The little princess has got something up her nose. Once persuaded to go to the hospital and the lump is removed and she returns home - she wants to go back to hospital! Recommended for ages 3-8.

#### **When Molly was in the Hospital: a Book for Brothers and Sisters of Hospitalized Children**

*Debbie Duncan*

This sensitive book shows the viewpoint of an older sibling of when her younger sister needs to go to the hospital for an operation. Recommended for ages 3-12.

#### **Your Child in the Hospital: A Practical Guide for Parents**

*Nancy Keene and Rachel Prentice*

This book written for parents offers advice from parents on how to cope with a child's hospitalization. With easy-to-read tips on preparing your child and handling procedures without trauma.



Many of these resources are also available at your local public library. Contact your librarian. Materials can be borrowed through inter-library loan.



## WEBSITES

### [www.calgaryhealthregion.ca/achsurgery](http://www.calgaryhealthregion.ca/achsurgery)

Visit the [Alberta Children's Hospital website](http://www.calgaryhealthregion.ca/achsurgery) to help your family prepare for an upcoming surgery. It has information for parents and children, answers questions and tells you what to expect and how to prepare.

### [www.kidshealth.org/parent/system/surgery/hosp\\_surgery.html](http://www.kidshealth.org/parent/system/surgery/hosp_surgery.html)

[Preparing your child for surgery](http://www.kidshealth.org/parent/system/surgery/hosp_surgery.html) from AboutKidsHealth is an excellent resource for parents to help guide preparing their child for surgery with links to additional information on specific surgeries.

### [www.cas.ca/anaesthesia/](http://www.cas.ca/anaesthesia/)

The [Canadian Anesthesiologist's Society](http://www.cas.ca/anaesthesia/) is the site to go to for answers regarding your anesthesia. Check out the FAQ's and the Information for Patients brochure for more general information.



## CD'S

### **The Magic Seed: Courage**

*MindWorks for Children*

This guided imagery CD with Dr. Roxanne Daleo helps children from preschool and up to develop courage and face their fears.

### **Magic Island: Relaxation for Kids**

*Betty Mehling and Max Highstein*

Using music and narration this guided imagery CD helps children ages 4 and up learn how to release tension and relax themselves.

**Additional Resources or Information:** For additional resources or information regarding your child health information needs contact the Child Health Information Specialist at 955-7745; or email [childhealthinfo@calgaryhealthregion.ca](mailto:childhealthinfo@calgaryhealthregion.ca); or visit

### **The Southern Alberta Family & Community Resource Centre**

Alberta Children's Hospital, 2888 Shaganappi Trail NW, Calgary, Alberta T3B 6A8

**Phone:** (403) 955-FCRC (3272) **Toll Free:** 1-877-943-FCRC (3272)

Or call the Preoperative Assessment Clinic at (403) 955-7953.

**Our Clinical Experts:** *Alberta Children's Hospital:* Child Life – Day Surgery & Preoperative Care, Surgical Services, Preoperative Assessment Clinic, Acute Pain Service.

**Disclaimer:** This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or health care professional.



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