



NewYork-Presbyterian
Phyllis and David Komansky
Center for Children's Health



*Child Life Pre-
Operative
Preparation
Program*



BENEFITS OF THE PROGRAM

The Child Life Program's pre-operative class provides an opportunity for children and their families to visit the hospital, ask questions and clear up misconceptions. Eliminating the fear of the unknown can decrease the emotional impact of hospitalization.

Information geared toward your child's current developmental age will be provided which can aid in the overall experience of hospitalization. Studies have shown that attending a pre-surgery program reduces anxiety, decreases pain after surgery, and reduces recovery time and complications. The tour can create a positive experience which helps increase coping skills for this and future health care situations. Children who have previously had surgery are also encouraged to attend.

WHO IS THE PROGRAM FOR?

The program is geared for children 3 years and older. The tour generally lasts 30 - 40 minutes. All family members are welcome. However, we discourage families from bringing anyone who has had a cold, cough or other signs of infectious disease, including anyone who has been exposed to chicken pox in the last three weeks.

If your child is younger than 3 years old, parents of the patient are welcome to schedule a tour to learn and familiarize yourself about what will happen the day of surgery.

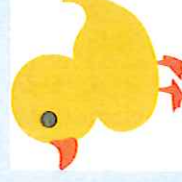


WHAT TO EXPECT DURING THE TOUR: ○ ○ ○ ○ ○

- A walk through/rehearsal of what will happen the day of surgery
- A photo book of what to expect on the day of surgery may be reviewed
- Medical Play
- Any questions will be answered
- A Certificate of completion at the end of the tour

HOW CAN I HELP KEEP MY CHILD CALM?

- If your child has a comfort item (i.e. a blanket, a stuffed animal, a pacifier, etc) please feel free to bring this to the tour and on the day of surgery
- Your child will take cues from you, so the best thing you can do for your child is remain calm



SCHEDULING AN APPOINTMENT



This free program is available *by appointment only*. Please call **Child Life Services at 212-746-9970** for more information or to arrange an appointment with a Child Life Specialist. You can also visit us at: <http://cornellpediatrics.org/>

- Click on Services and Divisions
- On the left hand side click on Child Life Services

WHEN SHOULD I BRING MY CHILD IN FOR A TOUR?

- 3-6 Years Old:** Child Should be brought in for tours as 2-3 days in advance.
- 7-11 Years Old:** Children can be prepared up to one week before their surgery date.
- 12 Years and above:** It is best to include adolescents from the start so they can play a part in planning and preparing for the surgery. A pre-operative tour can be scheduled at any time before the day of surgery.

WHAT IS A CHILD LIFE SPECIALIST?

A Child Life Specialist (CCLS) is a trained professional who is a member of the hospital team and is available to help your child understand and cope with hospitalization. They have been trained to explain medical procedures and provide therapeutic opportunities to explore the hospital environment, using play, medical play, expressive arts and more. Child Life Specialists strive to make a less stressful experience for both the patient and their families.



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