

My Visit to SSM Health Cardinal Glennon Children's Hospital

Preparing Children to Visit a Sibling in the Hospital.





The first thing I do when I get to the hospital is go to the visitors check-in desk. The person working at the desk will help me find my sibling's room.

Then, I get to ride the elevator to get to my sibling's room.





**Doctors and nurses help
take care of my sibling
at the hospital.**



Before I enter the room I wash my hands. This helps to keep my sibling's room clean and germ free.

This is a picture of what my sibling's room might look like. There might be a lot of equipment in the room.



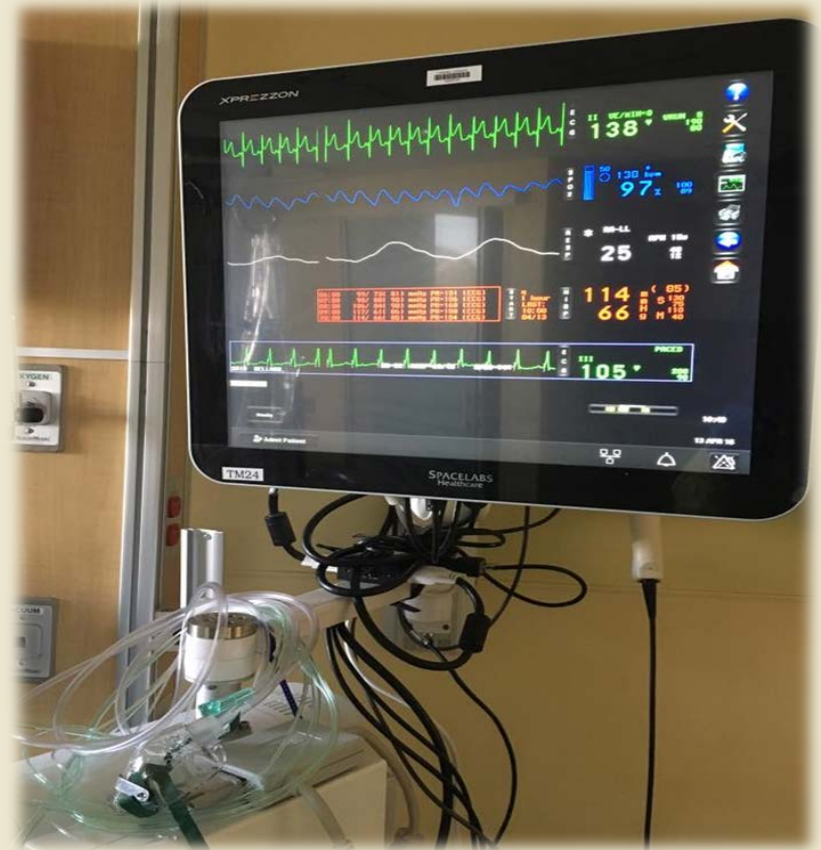
My sibling can wear special pajamas or pajamas from home when he/she is at the hospital.





My sibling might have an IV pole in his/her room. An IV is a small straw that helps deliver medicine or water to my sibling's body.

My sibling might have machines in his/her room that light up and make beeping noises. These machines let my siblings nurse know how his/her heart is beating and how he/she is breathing.





During my visit it is okay to ask questions about what is happening. I can even ask about things I see while I am in my sibling's room.



If my sibling is feeling well, I can play a favorite game or do an activity with him/her.



It is okay to feel sad, happy, scared, excited, or mad when I am visiting my sibling. It is okay to talk about these feelings with someone I know.

After my visit I can help pick out pictures, create artwork, write letters or make cards for my sibling. The doctors and nurses will take good care of my sibling while he/she is in the hospital.