At the Hospital

a book for children
A note for parents and care givers

Children are affected when a family member is unwell. The idea of someone special being sick or going to hospital may be scary and confusing. It is a time when children may need a lot of support at home and at school.

This book explains the Inpatient unit to children. If children can’t visit the ward, it shows what the hospital is like.

Sharing this book with children may help them talk about, ask questions and understand what is happening.

Children generally cope better if:
• regular contact is maintained between them and their parent.
• they have some understanding of what is happening.
• they know who will look after them while their parent is in hospital.
• they know they are not to blame.
• they have someone to talk to if they are worried or don’t feel safe.
• they have a regular person looking after them who knows them and helps maintain their routines.
• they know what to expect when their parent comes home.

Please speak with staff for help with keeping in contact with people in hospital and how to talk about mental illness with children.

www.copmi.net.au have lots of resources too.

Cover illustration by Eve, 6 years.
Sometimes, the people we love need to go to hospital to get better.

It might make you feel many feelings, such as being sad, relieved, worried or scared if you don’t know where they are or what they are doing.

This book has photos to show you where they are spending their time while they are getting better.
This is what the hospital looks like from the outside.

The person you love will stay in a hospital ward to help them get better.
This is the desk just inside the door to the hospital ward.

The staff are there to say ‘hi’ and help people.
This is where your special person might read a book, watch TV, use a computer, have a drink and eat their meals.
There is an outdoor area where they can enjoy the sunshine and get some fresh air. And places to get some exercise.
While they are in hospital, your family member may do art and craft projects.

They may also play musical instruments if they want to.
They will sleep in a room like this.
And can relax in a room like this.
This is where they can talk to the doctors and nurses about how they are feeling and getting better.
There is a family and friends room for visitors to use.

It has comfortable chairs and things for children to play with, if they visit.
Here are some of the lovely people from the hospital who are looking after your special person while they get better.

If there is anything else you would like to know, just ask someone you trust.