



**Children's Surgical Associates  
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### **PARENTS HELP SHEET**

Children who are prepared for their operation are often less upset than those unprepared. It is wise to talk with your child about his/her operation a few days before surgery. This will give your child the time to ask questions and get reassurance from you. Your attitude can affect your child's feeling toward the operation. Be positive and confident with him/her. The following suggestions may help you and your child prepare more fully for surgery.

1. Obtain books about children's surgeries from you local library and read them together.
2. Play acting and/or picture painting of what may happen at the hospital is helpful to some children.
3. Participate in Project Play at APH.
4. Tell your child they will have "special" sleep medicine for the surgery and will wake up after the surgery.
5. Tell your child that the surgical site may hurt, but will get better.
6. It is OK to cry!
7. Make sure your child knows that this surgery is not a punishment.
8. Let your child bring a favorite toy, blanket or pillow with him as a security item. Please label all items clearly with your child's name.

Note: Small items may be easily lost. Please help your child choose accordingly.

9. Present this information in small doses with repetition.
10. Purchase any medication or special dietary needs (popsicles, Tylenol) prior to the day of the surgery.

Honesty and openness is the rule for preparing your child for surgery. Please avoid the following:

1. Do not tell your child the hospital will be fun or that "it won't hurt."
2. Do not bribe your child in any way.
3. On the way to the hospital, do not lie about where they are going.
4. Do not promise to stop at a "favorite place" on the way home. They probably will not be able to go, resulting in a disappointment.
5. Do not discuss the surgery with another adult in front of the child.

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