

# When Your Brother or Sister Goes to the Hospital



Activities for children with a sibling at 

## Table of Contents

Note for caregivers: Please go through the pages and print out sheets you think are appropriate for your child. Or, you can print the whole thing and make a booklet!



Getting Started ..... Page 3

### Activity Pages:

All About Me .....	Page 4
Hospital Menu .....	Page 5 & 6
I'm wondering .....	Page 7
Picture of Sibling .....	Page 8
A Bed with Wheels! .....	Page 9
Feelings Word Search .....	Page 10
My Feelings .....	Pages 11, 12 & 13
Height and Weight .....	Page 14
Things that Make Me Feel Better ....	Page 15
Best Day Ever! .....	Page 16
Hospital Pajamas .....	Page 17
I Would Like You to Know.....	Page 18
My Wishes .....	Page 19
My Family .....	Page 20

### Crafts:

Make Your Own Hospital Bracelet .....	Page 21
Make Your Own Sleepy Mask .....	Pages 22, 23 & 24
Make Your Own IV .....	Pages 25 & 26

Ideas for More Things To Do ..... Page 27

Sometimes brothers and sisters have to go to the hospital for lots of different reasons. They may come for a short visit, or they may have to stay overnight. It's fun to come and visit your sibling at the hospital, but sometimes you have to stay at home or with someone else. This book has some activities that you can do to learn about the hospital and what your sibling may be doing while they are there. There are also fun drawing pages and crafts along the way! This way, even if you can't visit, you can learn about the hospital too!

# Let's Get Started!

On the next page is an ALL ABOUT ME poster that your brother or sister may have in their hospital room to fill out. This helps the people who work at the hospital learn more about your sibling. Now you can fill one out too!

# ALL ABOUT ME...

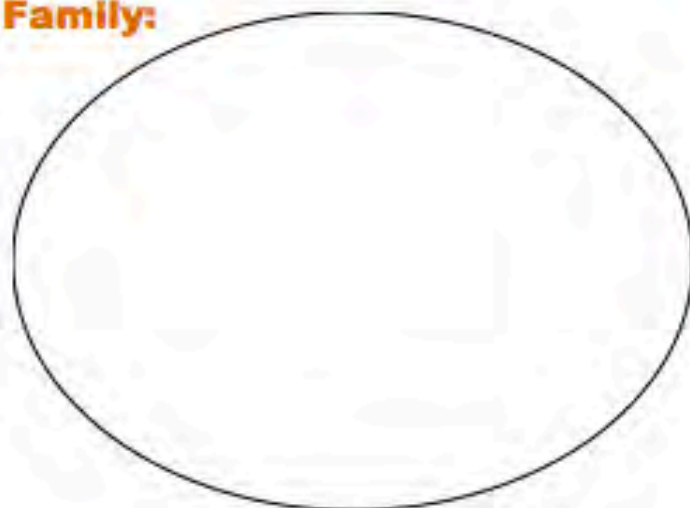
I am

old

Color:

Activity:

**My Family:**



Someday I want to be a:

**My Pets**



I **Have/ Have not** been in the hospital before



If you brother or sister has to sleep at the hospital, they will be able to order room service for all of their meals. That means they have their food brought right to their bed! Here is the breakfast menu, and the lunch and dinner menus are on the next page. What would you choose to eat? What do you think your sibling chose?

## BREAKFAST - Delivery from 7:00 – 10:00

### Cereal

Hot Cream of Rice, Hot Oatmeal  
Corn Flakes, Rice Krispies, Raisin Bran,  
Cheerios, Honey Nut Cheerios, Rice Chex, Frosted Flakes  
Bran Flakes, Low Fat Granola, or Special K

### Hot Breakfast Entrees

Cage Free Scrambled Eggs or Scrambled Egg Whites  
Bacon, Egg, & Cheese on an English Muffin  
Pancake & Syrup or Multi-grain Pancake & Syrup  
French Toast - 2 Slices & Syrup  
Hard Boiled Egg

### On the Side

Bacon Strip, Sausage Link or Homefries Potatoes

### Breakfast Bakery

Blueberry Muffin or Cranberry Nut  
Toasted English Muffin, Wheat  
Toast, White, Wheat or Cinnamon Raisin  
Plain Bagel

### Chilled Juice

Orange, Apple, Cranberry, Prune, or V-8

### Chilled Fruit - Fresh Apple, Orange or Banana

Fruit Cup, Orange Sections, Melon or Prunes

### Yogurt- Regular or Light

Strawberry, Raspberry, Blueberry, or Vanilla

### Condiments

Butter or Smart Balance Margarine  
Cream Cheese - Regular or Light  
Jelly - Regular or Sugar-Free  
Honey, Sugar or Splenda  
Creamy Peanut Butter  
Brown Sugar *(Great with hot cereal)*

Saltine Crackers or Low Sodium Crackers

### Beverages - Refer to the Dinner Listing

**LUNCH - Delivery from 11:00 AM - 2:00 PM**

**Soups for Lunch and Dinner**

Homemade Healthier Chicken Rice - Gluten-Free  
Creamy Tomato Soup  
Homemade Healthier Chunky Beef & Vegetable - Gluten-Free

**Salads/Cold Plates**

Garden Salad - Mixed Greens, Sliced Cucumbers & Tomato  
Chef's Salad - Lettuce, Cheese, Ham, Turkey, Tomato, & Egg  
Chicken Caesar Salad  
Cottage Cheese and Fruit Plate  
Fresh Carrot & Celery Sticks, Cherry Tomatoes & Ranch Dressing

**Salad Dressings**

Ranch, Caesar, Italian, French - Regular and Lite  
Low Calorie Honey Mustard or Healthy Vinaigrette

**Deli Favorites - Choose Your Fillings and Breads**

Tuna, Seafood, Egg or Chicken Salad Sandwich  
Turkey, Roast Beef or Ham Sandwich  
Peanut Butter & Jelly - Regular or Diet Jelly, Peanut Butter & Fluff  
White or Wheat Bread, Wheat Pita, Wheat Wrap or Deli Flat  
Cheese - American, Swiss, or Cheddar  
Potato Chips, Baked lays Chips, or Dill Pickle,slices

**Grille Items and Other Favorites**

Grilled Hamburger on a Wheat Roll with Lettuce & Tomato  
Cheeseburger on a Wheat Roll with Lettuce & Tomato  
Veggie Burger on a Wheat Roll with Lettuce & Tomato  
Chicken Breast on a Wheat Roll with Lettuce & Tomato  
Grilled Cheese Sandwich - Reg. or Lite Cheese/Wheat or White Bread  
Hot Dog on a Wheat Roll  
Macaroni and Cheese  
Homemade Cheese Pizza  
Spaghetti O's & Meatballs

**Condiments**

Saltine Crackers or Low Sodium Crackers  
Ketchup, Mustard, Relish, Light Mayo  
BBQ Sauce, Cranberry Sauce  
Salsa, Sour Cream

**Beverages - Refer to the Dinner Listing**

**Dinner Entrée - Delivery from 4:30pm-7:00pm**

Grilled Chicken Breast or Breaded Chicken Cutlet  
Pasta with Marinara Sauce  
Stir-Fry Vegetables & Tofu  
Grille Favorites - Same as Lunch Choices  
Daily Chef's Special - See Listing on Other Side

**Dinner Sides - 4:30-7:00pm**

Mashed Potatoes - with or without Gravy  
Steamed Rice  
Cottage Cheese, Hummus, or Bean of the Day  
Wheat Dinner Roll  
Tossed Salad or Fruit Cup

**Vegetables of the Day**

MONDAY - Braised Red Cabbage or Carrots  
TUESDAY - Spinach, Corn, or Whipped Squash  
WEDNESDAY - Roasted Vegetables or Beets  
THURSDAY - Green Beans or Mashed Turnip & Carrots  
FRIDAY - Zucchini with stew Tomato or Carrots  
SATURDAY - Green Beans or Whipped Squash  
SUNDAY - Zucchini Italian , Broccoli, or Beets

**Desserts**

Choc. Chip Cookie, Oreo's, Lorna Doones, or Vanilla Snackwells  
Homemade Cookie or Dessert of the Day  
Ice Cream - Van, Choc, Straw, or Coffee  
Raspberry Sherbet, Lemon Ice, or Cherry Popsicle  
Fresh Fruit - Apple, Banana, Orange or Melon in Season  
Canned Fruit - Peaches, Pears, or Applesauce  
Gelatin - Regular or Sugar-Free  
Pudding - Van or Choc - Regular or Sugar-Free

**Beverages**

Bottled Spring Water  
Milk - Whole, 1%, Skim, Choc, Soy or Lactose-Free  
Coke and Ginger Ale - Regular or Diet  
Iced Tea with Lemon Wedge or Lemon Package  
Green Mountain Coffee - Regular or Decaf  
Hot Tea - Regular, Decaf or Herbal  
Hot Chocolate - Regular or Sugar-Free

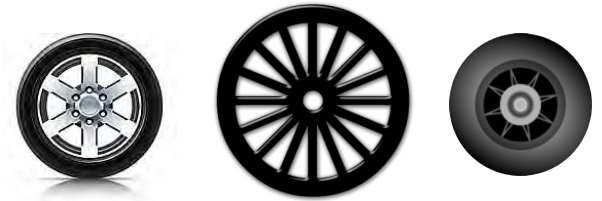
# I'm Wondering....

Sometimes kids have a lot of questions when their brother or sister is in the hospital. **On this page, you can write or draw some of the questions you have, and ask a grown-up later.**

On this page, you can draw a picture or write about **your favorite thing to do with your sibling**. What do you think your sibling is doing at the hospital?



# A bed...with WHEELS!



While your sibling is at the hospital, they may get to lay on a special bed with wheels! These beds make it easy for your brother or sister to move all around the hospital without even getting out of bed! Where would you go if your bed had wheels?

**Try drawing a picture of what you think your sibling's bed looks like and where you would take it.**

# Feelings Word Search

See if you can find the feelings words below in the word search.

C O N F U S E D F B I A Q I W Q Z Y H W  
L H H V Y R G N A U A D A S P R O U D F  
W X H O X T V Y F L J D E R I T D W E X  
W F M B K C F S E S J E A L O U S P T F  
O Y L E N O L B R Y T I O V T E Y H I W  
A Z V C U F R B A P Y R R X H H T N C W  
H B O R E D O I Q P T R R R W B L P X Z  
O S S C A R E D I A K O E R E L I S E P  
B R A V E U L R Z H X W Y X S J U H W D  
C A I N G C S X C X X O O M W E G T O N

Sad  
Tired  
Scared

Worried  
Guilty  
Bored

Excited  
Confused  
Jealous

Lonely  
Happy  
Angry

Proud  
Guilty  
Brave

These next few pages are a place for you to write or draw about how **YOU** are feeling right now. You can show this to someone, or just keep it to yourself. All feelings are welcome here!

# My Feelings

# **My Feelings**



# My Feelings

When your brother or sister gets to the hospital, a nurse may measure their height and weight. That means how tall they are and how heavy they are. You can get a grown-up to help you measure your height with a tape measure and your weight with a scale. **Guess how big your sibling is, and then write down your own height and weight after measuring. When you talk to your sibling, you can check and see if your guess was close! Get them to guess how big you are too!**

### Take a Guess!

See if you can guess how big your sibling is

Sibling's Height: \_\_\_\_\_

Sibling's Weight: \_\_\_\_\_

### Time to Measure!

Measure to see how big you are

My Height: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sometimes when a brother or sister is sick or in the hospital, it can make you feel sad or angry. What are some things that make you feel better when you are feeling bad? Hugging a stuffed animal? Reading a favorite book? **You can put some things that make you feel better on this page.**

# Best Day Ever!

If you could do anything today, what would it be? Who would it be with? Where would you go? **Write a story or draw a picture of it here!**



If your brother or sister has to sleep at the hospital, they will get to wear a pair of special hospital pajamas. They look like this!



If you could wear special pajamas, what would you want them to look like? **You can draw a picture of them here.**

# I WOULD LIKE YOU TO KNOW...

Sometimes it's hard to tell people things we want them to know. Here is a place **where you can write down things you want to tell people right now.**

What I would like my sibling to know:

What I would like my parents to know:

What I would like my friends to know:



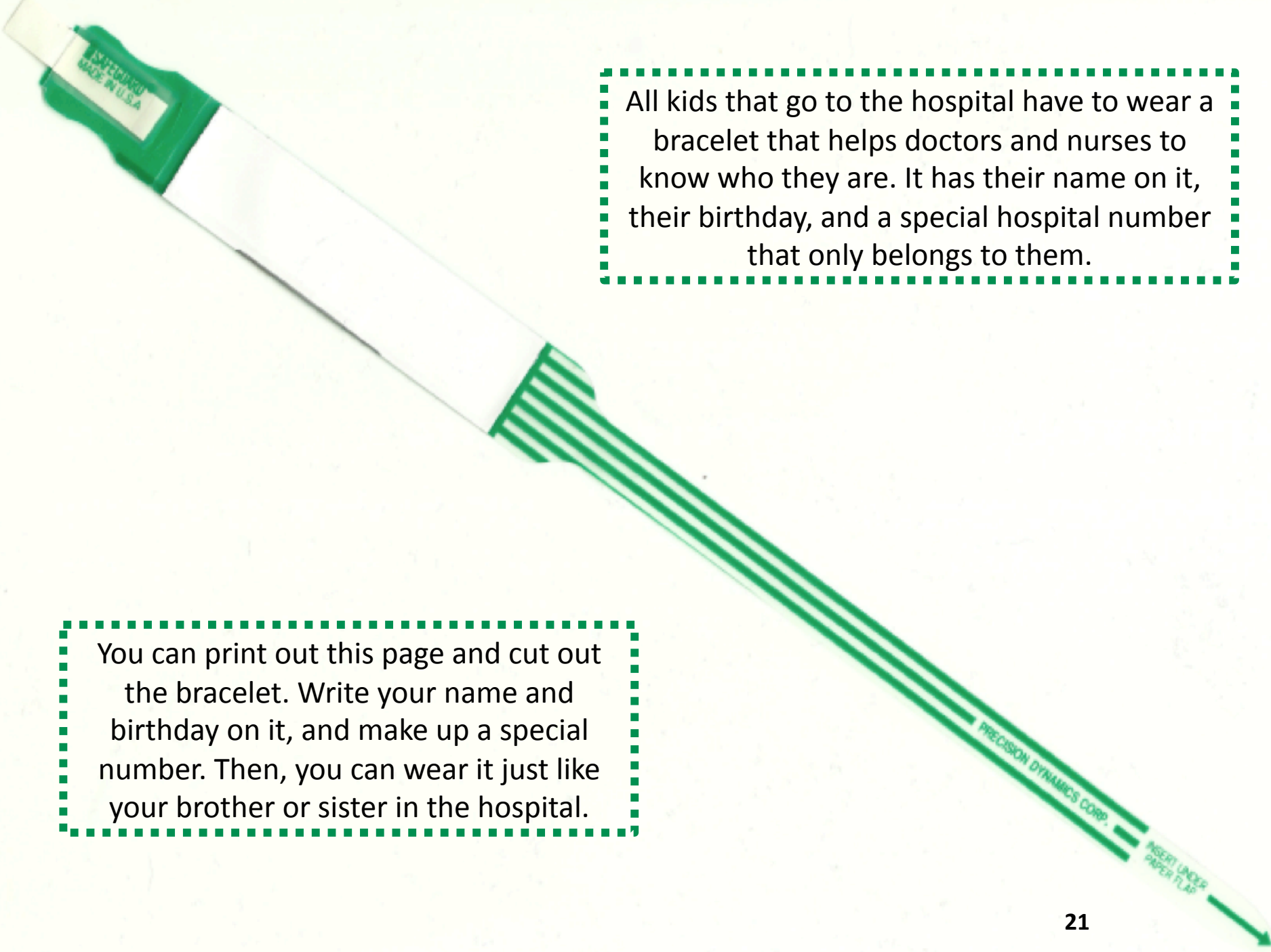
# My Wishes

What do you wish right now? **You can write or draw about it here.**

# My Family

You can draw a picture of everyone in your family on this page.





All kids that go to the hospital have to wear a bracelet that helps doctors and nurses to know who they are. It has their name on it, their birthday, and a special hospital number that only belongs to them.

You can print out this page and cut out the bracelet. Write your name and birthday on it, and make up a special number. Then, you can wear it just like your brother or sister in the hospital.

Sometimes when children are at the hospital they have to go to sleep in a special way for the doctors to do something to help them get better. These are things like surgery or other tests that can be hard to do awake. This special sleep makes it so that they cannot feel anything, and then a doctor helps them wake up when they are all done. If your brother or sister went into a special sleep, they may have breathed into a mask that helps them fall asleep. It looks like this:



They may even get to decorate their mask and pick out a smell to put in it so that they smell something nice as they fall asleep. **The next page has some ideas for how you can make your own special sleepy mask with the help of a grown-up.**

1. With the help of a grown-up, find a plastic bottle. Vitamin Water, Gatorade, or Powerade bottles work best.



2. After rinsing out the bottle and letting it dry, get an adult to help you cut off the top of the bottle like this.

3. Now, use tape to cover up the sharp edge of the top of the bottle. Be careful with this step – that edge is sharp!



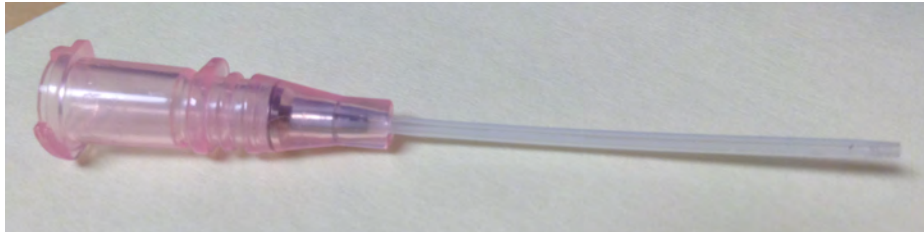
4. Now you can decorate the mask with stickers, paint, or whatever else you like.



Now you have your very own special sleepy mask, just like your brother or sister. You can pretend to use it on your own face, or on your dolls and stuffed animals.



A lot of kids in the hospital also get something called an IV, that means “in your vein.” An IV is a tiny tube, like a straw, that goes inside your arm or hand to help your body get medicine really fast. The straw part looks like this:

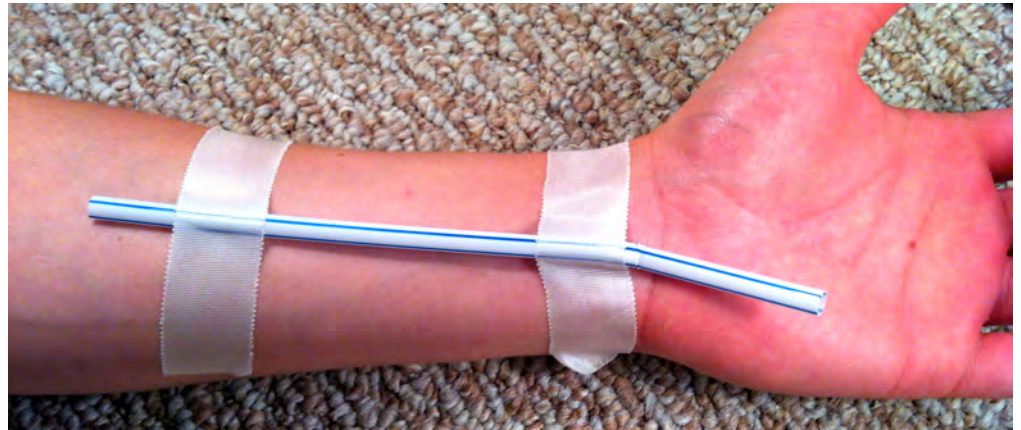


The straw is connected to a long tube that hooks up to a machine that gives you your medicine. The machine stays on a pole that has wheels, so kids can take the pole with them wherever they go.





You can make a pretend IV by using a plastic straw or coffee stirrer. Ask a grown-up to help you find this, and then you can tape it onto your arm like this:



A lot of kids wear something on top of their IV, kind of like a sock, to help keep it protected. You can pick out your favorite sock and put it over the straw on your arm to protect your own IV, too.

How does it feel to have that little straw stuck on your arm? How do you think it makes your brother or sister feel to have their tube like that?

Here are some more ideas of things you can do to help your brother or sister feel better while they are at the hospital.

- ✦ Pick out pictures from home of family and friends for your brother or sister to hang up in their hospital room. This will make it feel more like home for them.
- ✦ Help your parents choose some of your sibling's favorite things so they can bring them to the hospital, like movies, CD's, stuffed animals, games, or books, for example.
- ✦ Draw some pictures or make other kinds of artwork for them to hang up in their hospital room to help decorate it.
- ✦ Make a "Get Well Soon" card or banner for the hospital, or a "Welcome Home!" sign for when they come home.
- ✦ Get teachers or friends from school to sign a card for your brother or sister.