

Children in the Hospital Program

Backgrounder

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This program (40 page book and two CD's) supplies children with a "mental health" kit. These kits assist the child, siblings, family and care givers to better cope and deal with the hospitalization process and the intensity of the experience. In addition, the *Imagine Yourself to Sleep* CD assist the child and siblings learn how to relax for a better nights sleep. A rested child is better able to cope, and is easier for parents and care givers to manage.

Why this program is critical for children and their families?

Not every child or family has the time or ability to gain the insights and skills necessary to successful navigate a trip through a serious health issue. These programs offer insight and skills that assist the child, family and caregivers ease the transition and lower their anxiety during their journey through their illness and the health care system.

Benefit to those who use it

The child gains a greater sense of control over themselves, and some insights into the *how's* and *why's* of their journey. Moreover, they experience reduced fear and anxiety due to their increased understanding of the process.

Parents and siblings gain valuable skills on how to deal with children when they are in the hospital. Moreover, they gain a more compliant child who better understands what the overall process is. This decreases everyone's stress. This can, for example, lead to better testing and less re-testing.

How does it start?

We have negotiated a very fair price with the developers of these two excellent children's programs. Peter Alsop, Ph.d. for the *In the Hospital Program* and Dr. Bett Sanders for the *Imagine Yourself to Sleep* program. All that is required is a commitment from your organization to fund the kits and help arrange distribution.