

# Your Book About Your Sister Being in the Hospital

My Hospital Story



**Boston Children's Hospital**

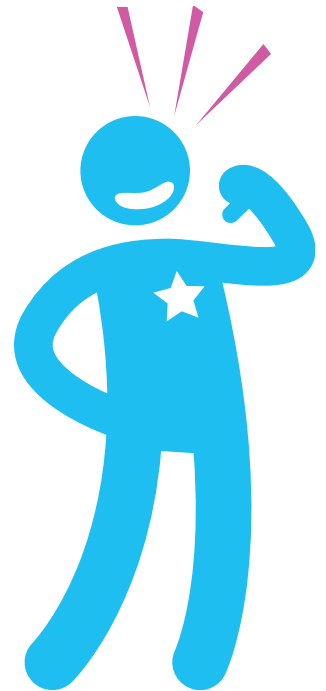
**Your sister is at Boston Children's Hospital.**

**This is what the hospital looks like on the outside!**



Entrance

This hospital  
is special  
because it is  
just for kids!

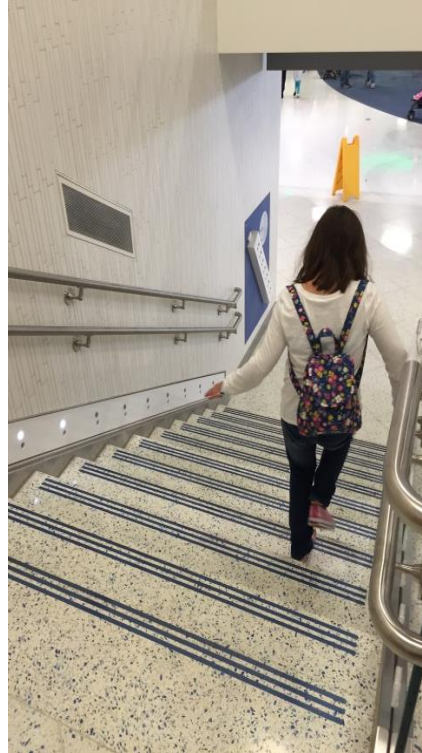




This is the first stop at the hospital.

The people who sit here tell kids and families where to go.





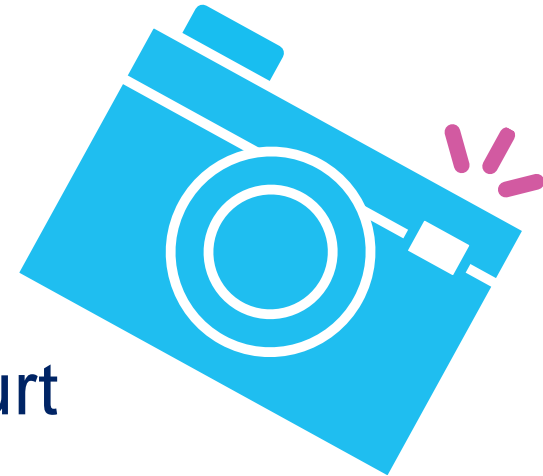
**There are a lot of fun things to do in the lobby of the hospital.**

- There's a screen that moves around and changes when you walk in front of it.
- There are musical stairs that play music when you go up and down them!
- There's even a big fish tank!



# Kids come to the hospital for different reasons.

Some kids need surgery, some are hurt or sick, some need to get special pictures taken, and some kids come for a check-up with their doctor!



Your sister has their very own hospital room that they will stay in overnight. This is to make sure they get the extra help and medicines they need to get better.



# We don't know why some kids have to go to the hospital

**BUT** we do know...

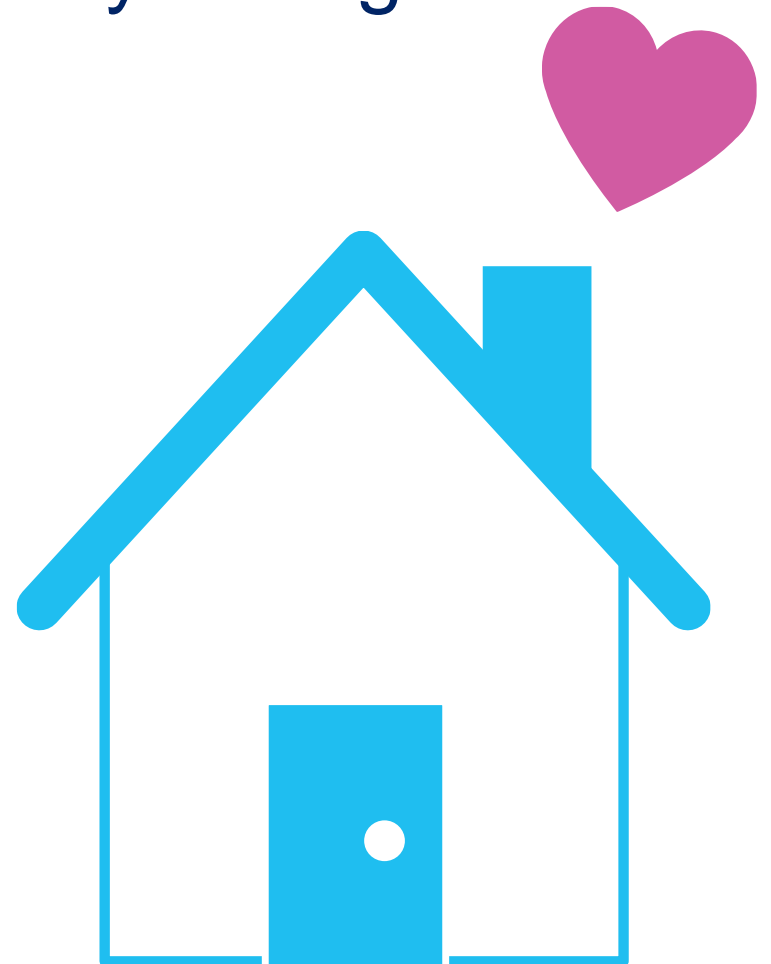
- It's not because of anything someone did or didn't do.
- This is the best place to help kids' body's get better.
- Your sibling is safe and comfortable.



You might be missing your sister while they are at the hospital, and you might miss your parents too.

It's OK to feel that way!

They won't be in the hospital forever and will come home when the doctors say it's safe.



# You might feel



happy



sad



nervous



excited



mad



frustrated



worried



confused



calm



tired

You might even feel all of these at once and you might feel different ways at different times! Any way you are feeling is OK. Some siblings like to talk to an adult about how they feel or write about it in a journal.

# Some ways to help when your sister is in the hospital:

- **You can draw pictures or pick out pictures** to decorate your siblings' hospital room.
- **Make an “All About Me”** story that tells hospital staff all about your sibling so they can get to know them better.
- **Make an “All About Our Family”** story for the hospital staff to get to know your family.
- **You can snuggle with a pillow, shirt or stuffed animal** that's your parents or sibling's when you are missing them.
- **Look at pictures of your sibling** to think of all of the special times you share.

**Do you have questions or want to talk more about the hospital or your sister?**



You can draw a picture about how you feel, write it down or ask an adult!

There is someone called a Child Life Specialist. They are like hospital teachers that can help you learn and answer questions about the hospital. If you want to talk to someone like this, you can tell your parents!

**The End!**