

When kids are facing medical challenges, the **FIRST THING** you should ask is:
“IS THERE A CHILD LIFE SPECIALIST?”

Hello! I'm here to **guide you** through what can sometimes be a very stressful experience.

I can also help you **navigate** some of the really difficult questions you might be having...

Child Life Specialists receive **highly specialized education and training**, & have **extensive experience** with helping everyone feel more comfortable and in control.



“What does this **MEAN** for us?”

“Why did this **HAPPEN?**”

“How do we **COPE** with this?”

and not to mention:

“How will this experience impact our lives **LONG TERM?**”

I AM

Families <--> Providers

A BRIDGE

I know the way!

A NAVIGATOR

Medical Speak

People Speak

A TRANSLATOR

It's OK to not know how to handle this. Let me help you through it.

A GUIDE

I provide **procedural prep** and **support**.

We drafted this together!

So everyone is on the **SAME PAGE!**

ACTION PLAN

I support **siblings & families**.

UNCERTAINTY

STRESS

TRAUMA

I offer evidence based **therapeutic activities**, do **prep**, and help process emotions through **medical play**.

PREP PLAN

Basically, things go **MUCH MORE SMOOTHLY FOR EVERYONE** when I am part of the team.

I unfortunately can't **“fix”** this.

But I **can** make this **easier**.

Outcomes aren't always what we **hope**.

But you **DON'T** have to face these challenges **alone**.

Child Life is a **GAME CHANGING & ESSENTIAL** part of your team.

I'm here to help! Ask for **ME!!**

YOUR FIRST STEP:

Is there a **CHILD LIFE SPECIALIST** available?

For more info & **FREE** resources:



Meg Foundation
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN



megfoundationforpain.org