

Child Life eNews

2012
Holiday Edition

Using Distraction to Make Medical Treatment Less Scary

What helps a child learn to cope with a painful or scary medical procedure? Distraction is a technique used to help children to develop skills for coping with unpleasant, frightening or painful experiences. When a child feels stress or anxiety about undergoing a medical procedure such as an IV start, blood draw, etc., distraction can be very effective. By watching something else, or engaging in some kind of activity such as singing, reading a book, blowing bubbles or playing with a toy, children are able to ignore their fears and focus on a more pleasant activity. There are other techniques that children can learn to reduce their stress such as taking deep breaths, counting, squeezing someone's hand, or holding a comfort item.

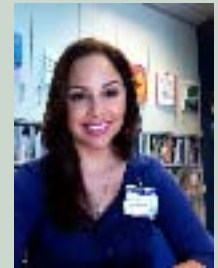
Distraction is not holding children down because that causes children to feel more vulnerable and a loss of control which can be very frightening (www.childlife.org). Child Life advocates positioning children for comfort so that they feel more in control, (like not having them lie down but sit up for procedures if possible or swaddling infants). Here at La Rabida, Child Life has found that children respond well to the iPad and become so engrossed in the games that they forget temporarily what is being done to them. Redirecting a child's attention during a medical procedure helps a child to see that he/she can get through a procedure and that they can learn ways to reduce their anxiety. They become more cooperative and less anxious. When children are distracted, the medical staff is able to complete medical procedures more easily than if distraction was not used.



CLS Michele Armand, helps inpatient Steven B. focus his attention on the iPad while his nurse inserts an IV.



Colleen Kordik



Marianna Villarreal



Ericka Barnes



Michele Armand

Hours of Operation

Child Life Staff can be reached at

ext. 4358

Mondays through Fridays

8:30am-8:00pm

Saturdays 8:30am-4:00pm

Pavilion Hours

Monday-Friday

School-9:45-11:30

Play Sessions

2pm-4pm

6pm-8pm

Saturdays and Holidays

10am-12pm

For patients who are unable to come to the playroom, (due to medical restrictions), Child Life Specialists provide recreational and therapeutic activities at their bedside.

Santa Clause is Coming to Town...



Santa Clause and Chicago Fire Dept.



Christopher A.– 11 yr. old inpatient
Holding gift from Santa



Child Life Specialists -Colleen & Marianna
Awaiting Santa's arrival on Christmas Day!



Chamberlain Nursing Students
Gift wrapping toys for inpatients



CLS Ericka Barnes &
Chamberlain Nursing Students



Thoughtful donations from
friendly organizations

Upcoming Events

February 7– Marsha's Music Together

2:30 Children's Pavilion

February 8- Clown Care Unit- Inpatient/Outpatient

4:30pm Coffee/Tea Hour-Families on inpatient unit

February 14– Valentine's Day Party-2:30 Children's Pavilion

February 16– Clown Care Unit-Inpatient/Outpatient

February 17– MOVIE NIGHT!

February 24-Clown Care Unit- Inpatient/Outpatient



Santa Clause & GE Volunteers

Thanks to all our donors and volunteers!

