

Fear not illness, for this place of care, love and hope is for you.

Contact Us

For more information or to schedule a time for you and your child to visit the hospital before the day of surgery, please call the Child Life and Education Department at (501) 364-1412.



Prepare Your Child For Surgery

Pre-Admission Program and Checklist



Arkansas Children's Hospital
800 Marshall Street
Little Rock, Arkansas 72202

www.archildrens.org



Arkansas Children's Hospital

changing children's lives

Pre-Admission Program

A Pre-admission Program is a special way to help your child prepare for surgery. A pre-admission is done up to two weeks before the day of surgery, depending on the age of the child. The goal of a Pre-admission Program is to decrease stress and anxiety by giving you and your child a chance to visit areas of the hospital and to learn about the sights, sounds and people you will come in contact with on the day of surgery. We know that most children have a better health-care experience if they know what to expect, have a chance to learn through play and develop trust in those who will care for them.



Checklist

1. Help prepare your child before going to the hospital or doctor's office.
 - Let your child play doctor using play medical toys and one of your child's stuffed animals or dolls.
 - Play hospital.
 - Read stories about going to the hospital. You can get books from your local library.
 - Draw pictures about the hospital.
2. Come to your appointments with questions for the doctors, nurses and other staff you and your child will meet. Some questions to get you started.
 - Can my child eat or drink before surgery?
 - Will my child be awake during surgery?
 - Where will I wait while my child is in surgery?
 - Can my child take their stuffed animal or blanket with them?
 - Will my child need pain medicine after surgery?
 - Will my child have to be out of school or limited in physical activities after surgery?
3. Tell us about your child.
 - What name your child likes to be called.
 - If your child has special needs like hearing or vision.
 - Tell us about worries or concerns you or your child may have.
4. Remember children do best when they know what to expect. When talking to your child about going to the hospital be clear and use words they understand.
5. A child may enjoy bringing a favorite toy, blanket, doll or stuffed animal with them.
6. Call the Child Life and Education Department to schedule a Pre-admission program and tour. This will help you and your child learn more about what it will be like at the hospital.