






HOSPICES & HOSPITALS

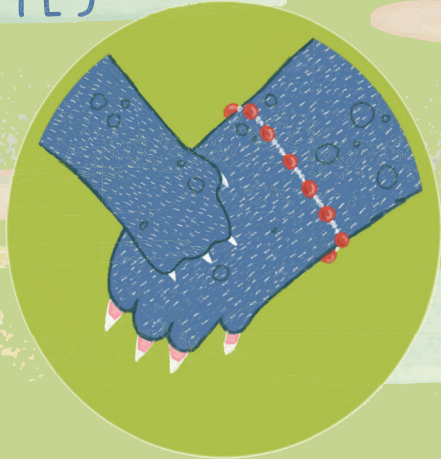











GET BORED WAITING AROUND AT THE HOSPITAL OR HOSPICE

-  Pack a bag of stuff to keep you busy. Books, games, colouring in, puzzles
-  Ask a staff member if they have any activities to do in the hospital/hospice
-  Make a music playlist to listen to
-  Write stories about Pip's adventures
-  Ask to help your sick parent by getting them a drink

WHAT ACTIVITIES SHOULD I DO WITH MY SICK MUM OR DAD?



-  Tell them about your day, or tell them a story
-  Read a book to them, watch a film together
-  Hold their hand, or help rub in their favourite hand cream
-  Make cards or pictures to decorate their room or bed
-  Bring some photos from home and make a display on their noticeboard
-  Play some music that you know they like, or sing a song you both love





I DO NOT KNOW WHAT WILL
HAPPEN AT THE HOSPITAL/
HOSPICE TODAY

- Before you go to the hospital/hospice, talk with your grown-up who might help explain the plan and what it might be like at the hospital/hospice
- Write down what would you like to know before you make a visit to see your parent



I

HAVE SOME QUESTIONS FOR THE NURSES AND DOCTORS ABOUT MY PARENT?

-  Write all of your questions on a piece of paper and show them to the nurses and doctors
-  If staff are very busy you could leave your questions with them for the next time you visit

I FEEL NERVOUS
WHEN I GO
AND VISIT
MY MUM/DAD



- Take Pip with you to cuddle. Feeling nervous is normal as it is upsetting to see your parent sick
- Tell your grown up this is how you are feeling and they might be able to relax you
- Try some belly breathing before you go in. See 'Breathing and Balancing' activity in Pip's Kit
- Ask your grown-up if it is OK not to go every time. Find new ways to say 'Hi' like Facetime, or a phone call?



CAN I HUG MY PARENT?

Hugs are very important so if for some reason you can't do it the normal way (arms wrapped around each other) invent other ways like:

Finger hugs

Arm wraps

Hands hugging feet

WHEN I GO TO VISIT
MY PARENT THEY SLEEP
MOST OF THE TIME

Even if they are sleeping you can still talk to them as they may hear you—maybe tell them about your day, or hold, or stroke their hand

