

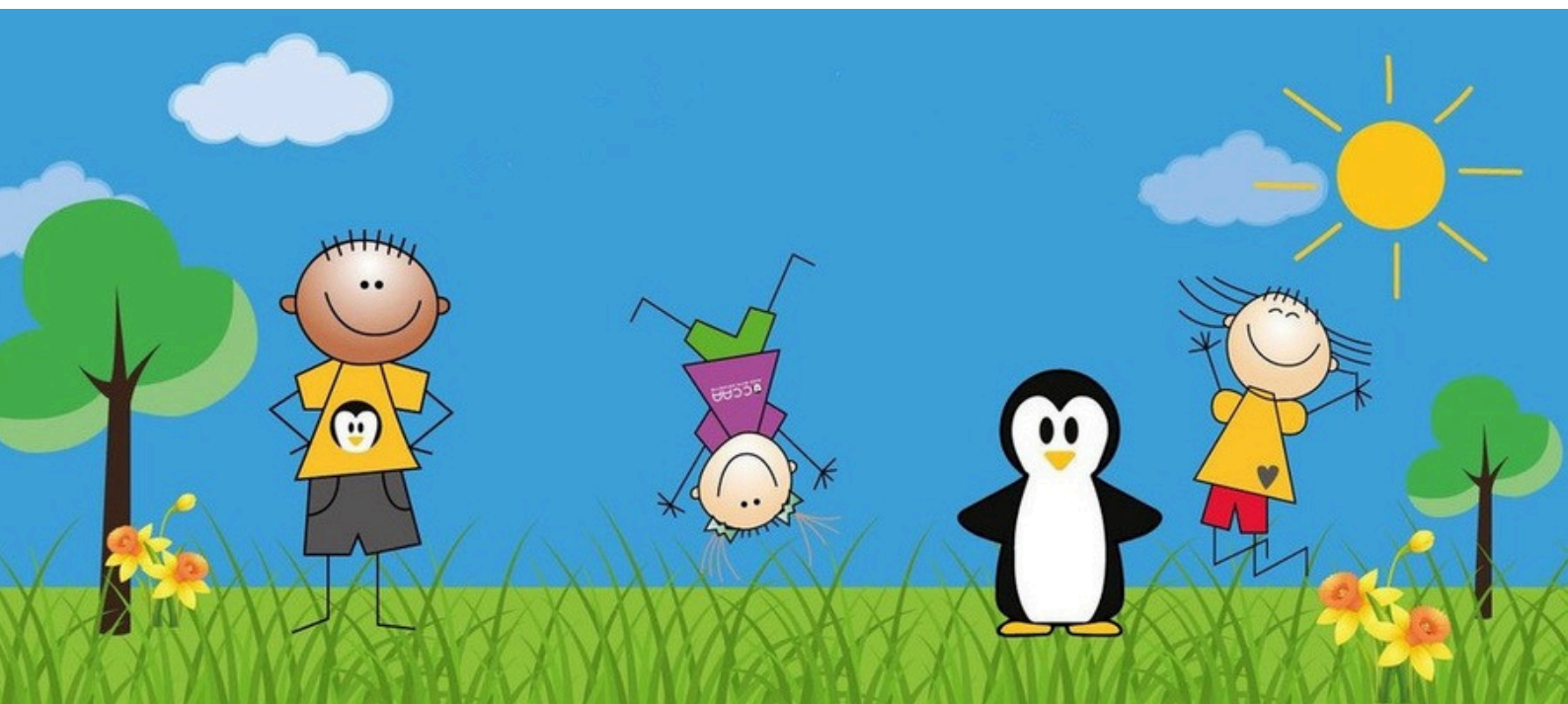
Looking for an app, website or TV show?

Helpful tips
for
parents by
parents

Finding a suitable app or web resource can be tricky when there are so many out there. Anything on a screen is usually pretty popular with kids though, which means that getting them to take an interest should be easy! If you take a tablet or mobile device to your appointments these can also help pass the time in the waiting room. Some come with age recommendations, but you know your own child best so be guided by that!

Parents say: 'There are lots of hospital apps out there now. Some are more 'game based' and others are more educational. Both can be useful for children with a chronic condition to help them role play and imagine different scenarios, as well as familiarise themselves with the sights, sounds and words associated with hospitals.'

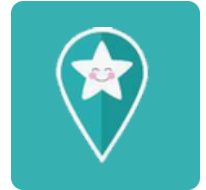
WARNING As with any online games/apps, always keep an eye on the dreaded 'in-app' purchases etc and consider trying the app or watching the show with your child at the start to make sure you are happy with the content.



APPS

Please note: Some apps may incur a small fee to use the full version; look out for the £ sign below. All can be found on most app stores, including Playstore and Apple Store.

Little Journey app (Free!) Developer: Little Sparks Hospital (4+ years) Worth checking out to see if your child's hospital is on this one – if not then it isn't worth downloading but if it is, then it can help your child prepare for any hospital visits or stays. A virtual visit!



PLAYMOBIL Children's Hospital (Free!)

Developer: PLAYMOBIL (4+ years)

Allows children to 'play' with running their own clinic and helping the patients get better eg taking blood samples and preparing xrays.



My Town: Hospital (£)

Developer: My Town Games Ltd (4+ years)

Like an online dolls house only the setting is a hospital. Allows pretend play in rooms including MRI, Xray and a Doctor's office.



TV SHOWS



'Operation Ouch' with TV Drs Chris and Xand

All the info is here as well as a link to iPlayer to choose any episode you like.

Parents say 'We recommend you check out Series 6 from Episode 3 onwards where you will meet Millie who has JIA! They follow her story in several episodes of Series 6.'

www.bbc.co.uk/cbbc/shows/operation-ouch



'Get Well Soon' with Dr Ranj

A whole range of episodes available here using a real life Doctor and his colourful puppets to explore healthy living and common complaints. For younger children.

www.youtube.com/watch?v=GfYPyIEE1SQT Shows

WEBSITE RESOURCES WE RECOMMEND

What? Why? Children In Hospital

www.whatwhychildreninhospital.org.uk

A fantastic charity who host many videos of real procedures in real hospitals including joint injections using gas and air and blood tests. Most joint injections are done under general anaesthetic. This can really help familiarise the process and reassure children as to what to expect. They add new ones all the time so worth checking back or giving them a follow on social media.



CBeebies - Dealing with health problems and operations Great advice for parents around preparing your child for a hospital stay, operation or having an anaesthetic and useful links to 'Dr Ranj's Top 10 Hospital tips'.

Also includes tips for parents of children with special needs.

www.bbc.co.uk/cbeebies/grownups/helping-your-child-prepare-for-an-operation



Royal College of Anaesthetists – Information for Children and Parents

Useful information and advice for parents and children about having an anaesthetic. You can download a story, **Rees Bear has an anaesthetic**, and activities for children here too. <https://www.rcoa.ac.uk/sites/default/files/documents/2019-08/ReesBear.pdf>



Teapot Trust Our friends at Teapot Trust have some fantastic resources on their website that are well worth checking out. We know first hand how much children enjoy their activities as they run some fabulous workshops for us. Check out their sections on 'Therapeutic Art Techniques', 'Positive Wellbeing' and 'Art Therapist Videos'. These are resources that might be good for the whole family to enjoy together! <https://www.teapot-trust.org/>



A Little Deep Sleep

'A Little Deep Sleep - a Family Guide to Anaesthetics' aims to ease anxieties children may have about anaesthetics, giving them a clear idea about what might happen during a family's hospital visit.

<https://www.youtube.com/watch?v=NIV2zLkOqjI>

