

## When it's Hard to Find the Words, Books and Visuals Can Help Kids Understand

Below are some examples of books and visuals that may help guide your conversation with your child regarding their hospital experience, going to surgery and/or learning about their body. Remember, when reading these books, encourage your child to ask questions, explore feelings and correct any misconceptions they may have.

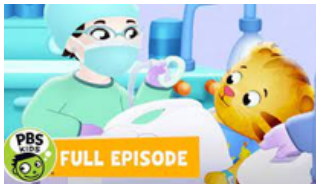


### Surgery on Sunday, by Kat Harrison

"Written with spunk, humor, and a lot of love, *Surgery on Sunday* teaches kids they can be brave, even when it's hard."

### S is for Surgery : A Kids Surgery Book from A-Z by Dyan Fox

"This is a fun, info-packed activity book that helps kids prepare for surgery."



### Daniel Tiger's Neighborhood, Daniel Goes to the Hospital by PBS Kids

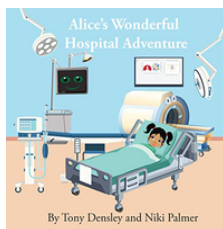
"This is a Daniel Tiger episode where Daniel is feeling nervous for his first trip to the hospital for a procedure. Daniel meets the team who will help him in the hospital and overcomes his fears."

### ReadySetPrep Books by Amy and Aaron Pittman

#### Going to have Surgery: A Toddler Prep Book (Toddler Prep Books)

"Help your little one learn what they'll actually see, hear and experience featuring actual photos and simple, easy-to-understand language.

*ReadySetPrep* has many books for different procedures and events."



### Alice's Wonderful Hospital Adventure by Tony Densley

"Created to help little ones face their fear of a visit to the hospital, *Alice's Wonderful Hospital Adventure* transports the reader through a trip to the hospital and seeks to reduce the stress for parents and children."

### Little Man Goes to Surgery by Erica Basora

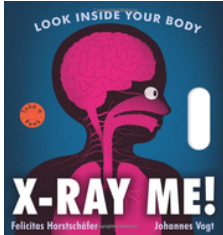
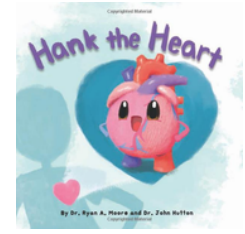
"Written with love and warmth, this charming tale follows Little Man as he prepares for his operation. With the help of his mom, kind doctors and nurses, and surgical team, she soon discovers the courage he needs to face surgery."



\*\*\*Please note the way your child will fall asleep for their procedure or surgery, will depend on their medical history. At Rady Children's Hospital, children often go to sleep using an anesthesia mask.

**Hank the Heart by Dr. John Hutton, Dr. Ryan Moore**

"Learn all about your heart from our lovable friend, Hank: what it's made of, how it works and stays healthy, and ways it can be different. A perfect book to share and explore for young readers."



**X-Ray Me!: Look Inside Your Body by Felicitas Horstschafer**

"This is a interactive large-format board book. The bold illustrations offer an introduction to the way the body works. A great choice for learning together. Features ten images of what's inside your body and includes basic information about organs, systems, and body"

**The Hospital: The Inside Story by Dr. Christle Nwora**

"This book is perfect for any child who is nervous about a trip to the hospital. Dr. Christle Nwora takes readers behind the scenes to meet the incredible people who keep you healthy, from surgeons to mental health therapists. Dr. Nwora also explains the science behind how things work, from X-rays to operating rooms"



**Jake's Ache: A surgery story by Rylee Landau**

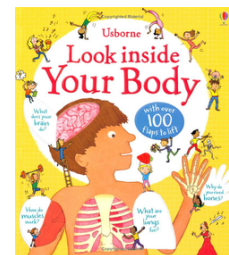
"Lori tells her story to her little cousin Jake, who had a very painful ache and found out that he needed to have surgery. Lori knows exactly how Jake feels because she didn't know what to expect when she had to have surgery.

Lori being a helpful girl, decides to tell her cousin her story because she doesn't want Jake to feel nervous. Jake learns everything he needs to know to be confident, prepared and less nervous on his surgery day."



**Look Inside your Body Book: by Louie Stowell**

"From bones to blood and brains to brawn, there's so much to explore inside your body. Lift the flaps to find out how all these parts join together to make one amazing person: you."



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