

A Guide to Preparing for Your Child's Surgery

Here is a checklist of things to do to prepare for your child's surgery and to learn more about what to expect on the day of surgery:

Preparing for Surgery – Parents

- Visit the Alberta Children's Hospital (ACH) website - go to **Your Child's Surgery** at www.ahs.ca/achsurgery.
- If you require childcare for siblings on the day of surgery, refer to the **Emily's Backyard** card.
- Review the pamphlet, **Preparing for Your Child's Surgery** 1-2 weeks before surgery for important information on getting your child ready.

Preparing Your Child

- For advice on talking to your child about the upcoming surgery, go to **Telling Your Child** on the ACH website.
- Read books about going to the hospital with the whole family – see the **Surgery** resource list.
- A few days before surgery, have your teen read the brochure **Just for Teens - Tips for Surgery** on the ACH website.
- View the **Day of Surgery - Photo Tour** with your child on the ACH website.
- If your child is quite anxious, contact the **Child Life Specialist** at child.life@albertahealthservices.ca for some suggestions on dealing with the anxiety or stress.
- Register for **Surgery 101** to have a hospital tour and hands-on session. Classes are every Tuesday at 11:00 am at the Alberta Children's Hospital. Email: child.life@albertahealthservices.ca

www.ahs.ca/achsurgery