CHILD LIFE SERVICES

CONDITIONS

• History of multiple hospitalizations
• Assistance with pain management
• Anticipated surgical/invasive procedure
• Patient or family experiencing grief or related issues
• Psychological trauma, stress and anxiety associated with hospitalization

SERVICES

• Preparing children for medical procedures or treatment using language that children understand
• Introducing coping strategies to help reduce anxiety, manage pain and enhance cooperation with the healthcare team
• Providing support and distraction during medical procedures
• Offering opportunities for play and expressive activities, encouraging normal development and a sense of fun despite challenging circumstances
• Promoting family-centered care by providing information, advocacy and support to families of pediatric patients
• Supporting families confronting grief and bereavement issues
• For practical ideas to help prepare your child for surgery or hospitalization, please visit: cedars-sinai.org/pediatricguide

HIGHLIGHTS

• Child life specialists are trained professionals who help children cope with stress and uncertainty of illness, injury, disability and hospitalization
• The American Academy of Pediatrics affirms that child life services are “an essential component of quality pediatric healthcare”
• Children who are prepared for medical procedures and engage in therapeutic play with a trained professional experience less fear and anxiety, and will have better long-term adjustment to medical challenges
• Child life interventions can increase cooperation and help to reduce procedural and post-procedural pain
• Child life specialists have earned a bachelor’s or master’s degree with an educational emphasis on human growth and development or a related field of study
• All certified child life specialists (ccls) have completed a supervised clinical internship, passed an examination and adhere to standards for continuing professional development in order to maintain their certification

FOR MORE INFORMATION OR TO MAKE A REFERRAL:
310-423-2380 | cedars-sinai.org/pediatrics | cedars-sinai.org/childlife

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