



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 health care team
- Providing support and distraction during medical procedures
- Offering opportunities for play and expressive activities, encouraging normal development and a sense of fun in spite of challenging circumstances
- Promoting family-centered care by providing information, advocacy and support to families of pediatric patients
- Supporting families confronting grief and bereavement issues



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 is “an essential component of quality pediatric health care.”
- 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:
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