

Child Life Services Children's Hospital of Michigan



One focus. One purpose. **Your child.**



Child Life Team

- 1 Manager of Child Life, Volunteer Services, & Spiritual Care
- 8 Certified Child Life Specialists
 - 6 West Hematology, Oncology, Nephrology
 - 5 West Endocrine, Pulmonary, Neurology
 - 5 East Burn, Surgery, Rehabilitation
 - Pediatric Intensive Care Unit
 - Radiology/Urology Clinic
 - Hematology & Oncology Clinic
 - Emergency Department
 - Contingent
- Monday-Wednesday 7am –10pm
- Thursday-Friday 7am-5pm
- Saturday 8am-4pm
- On-Call pager for units without a CCLS



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Child Life Team

- Child Life Facility Dog Handler
 - Primary & Secondary
- A facility dog is a professionally trained, full-time working dog integrated into a hospital environment to support patient care through goal-directed animal assisted interventions.



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Child Life: A Multi-Disciplinary Team

- Child Life Fellow
 - Bone Marrow Transplant Fellow
- Projects Specialist
- 3 Child Life Assistants
- Technology Specialist
- Child Life Students
- ACLP Accredited Site
 - 3 Interns per year
 - 3-6 Practicum students per year



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Child Life: A Multi-Disciplinary Team

- 2 School Teachers
 - Detroit Public School
 - Children's Hospital of Michigan
- 2 Music Therapists
- Art Therapist
- Yoga Therapist
- 2 Build Up Steam Coordinators
- Reach Out & Read Coordinator



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Goals of Child Life

Through **play, art, music and learning**, we use child-friendly tools to:

1. Reduce **stress and anxiety** experienced during hospitalization
2. Increase **positive coping skills** for children and their families
3. Foster **normal growth and development** during hospitalization



What is a child life specialist?

“Child life specialists **promote effective coping** through play, preparation, education, and self-expression activities. They **provide emotional support** for families, and **encourage optimum development** of children facing a broad range of challenging experiences, particularly those related to healthcare and hospitalization.”

Association of Child Life Professionals





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Key Concepts

Play

- Necessary for healthy psychosocial development
- Used to explore the world

Preparation

- Provides coping to decrease fear of the unknown
- Lowers physiological stress responses

Procedural Support

- Increases compliance and cooperation
- Advocate for choice

Diagnosis Education

- Developmentally-appropriate information
- Address medical questions and misconceptions

Family-Centered Care

- Provide support for entire family unit
- Increase satisfaction with hospital experience



International Pediatric Nursing

“Play is one of the most powerful and most effective tools used to **reduce tension, anger, frustration, conflict, and anxiety**, which are accompanied by the loss of control, and self-esteem.”

(Haiat, Bar-Mor & Shochat, 2003, p. 210)



Play: The Work of the Child

- Developmental milestones
- Reduce stress/anxiety
- Positive sensory stimulation
- Familiarization with medical equipment
- Facilitates therapeutic relationships
- Communication
- Cognitive processing
- Motor skills



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Activity Centers

Designated procedure free zones for children & teens to engage in age appropriate activities

- Facilitates a sense of normalcy within the hospital setting
- Allows for self-expression
- Offers choices
- Socialization



Jack's Tree House

Siblings 2 years & up



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5th Floor Visteon Activity Center

Patients & siblings 8 years & up



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5th Floor Patient Library

Patients & siblings of all ages



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6th Floor Toys R Us Activity Center

Patients & siblings of all ages



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6th Floor McKenna's Beauty Bar

Patients & siblings 5 & up



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