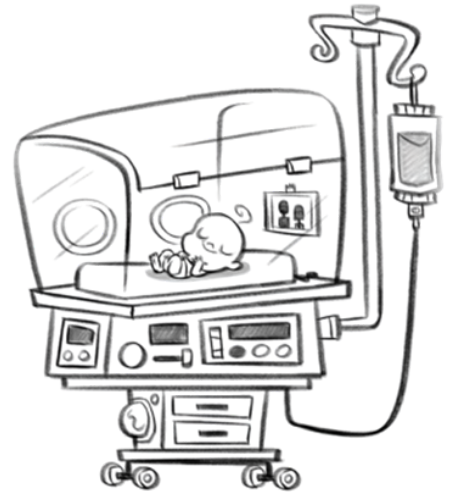


Northern Childrens



Welcome
activity
book

Welcome



To our patients at Northern Children's,

What is the Northern Children's Unit?

The Northern Children's Unit is a special place in the hospital that has 22 beds that are dedicated to caring for young children all the way up to older teenagers.

What can I expect during my stay?

Our Children's Unit is made to be a safe, friendly and caring place where you and your family are always welcome. We encourage your parents or carers to stay with you while you stay with us and we will work with you and your family to make sure you feel safe, listened to and well cared for. You and your parents are important members of the care team!

Your Rights

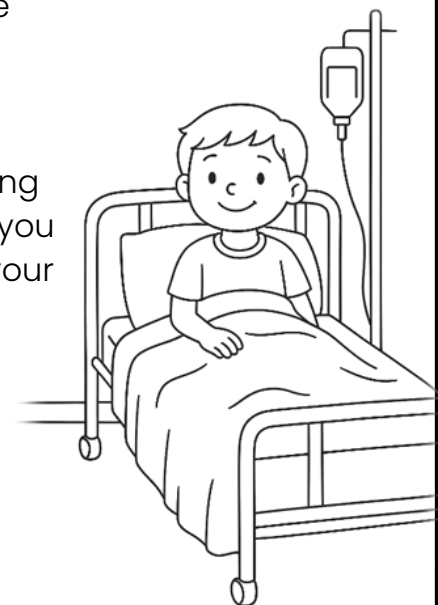
We believe that all children and young people have the right to feel safe, respected and heard. If you or your family ever feel worried or have questions, the doctors and nurses are always ready to listen and help.

Making Your Stay Better

We know that being in hospital can feel a bit scary or boring sometimes so that is why we designed this booklet to tell you about all the things you can do here in hospital to make your stay a little better!

Warm regards,

All the staff of the Northern Children's Unit



We acknowledge the traditional custodians of the land on which our health service is built, those of the Taungurung and Wurundjeri people, and we acknowledge their continuing connection to land, waters and community. We pay our respects to the people, the cultures and the Elders past and present.

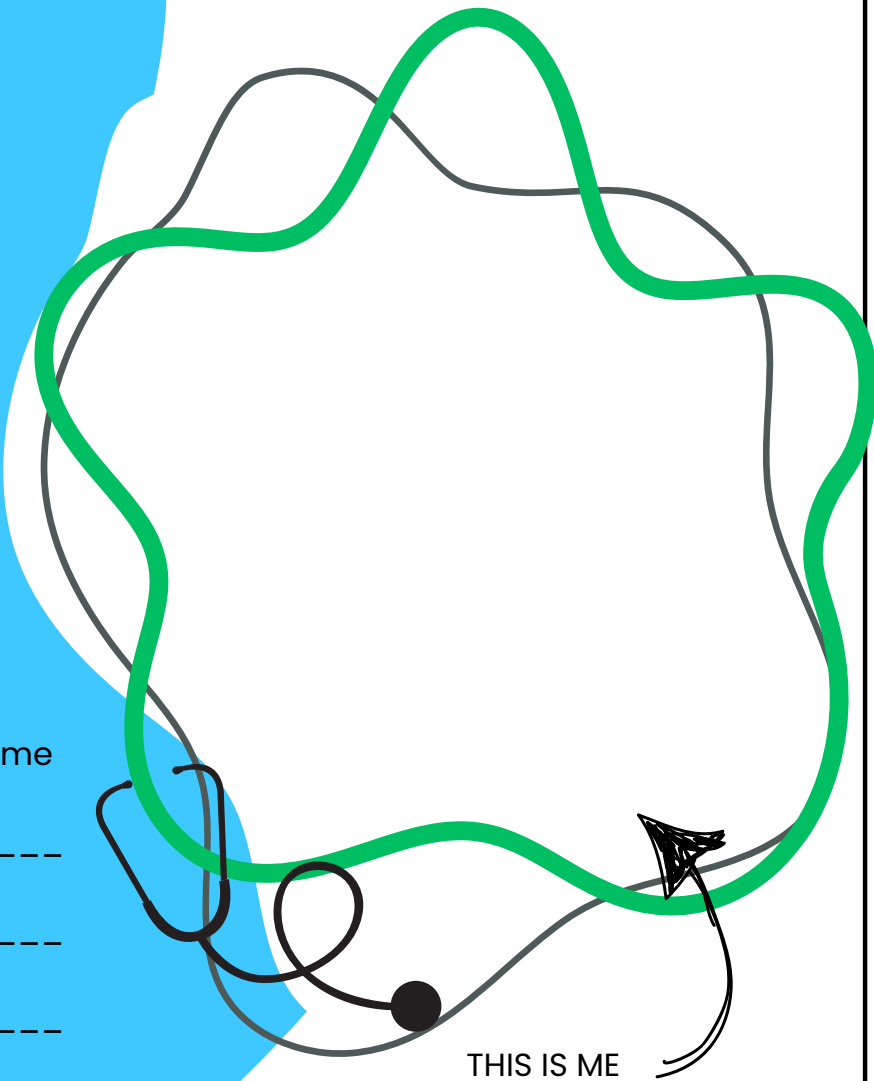
Northern Health celebrates, values, and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Who am I?

My name is

My age is

Something I want you to know about me



Who is my team?

My nurses are:

My doctors are:



Who has helped me...

Colour in the people who have helped you while in hospital.



Nurse



Doctor



Receptionist



Pharmacist



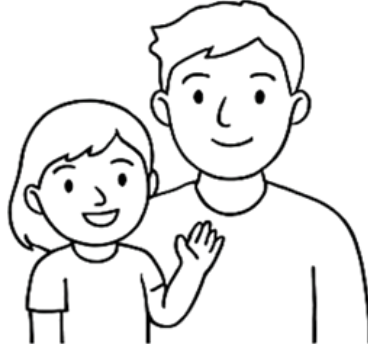
Dietitian



Physiotherapist



Student Nurse

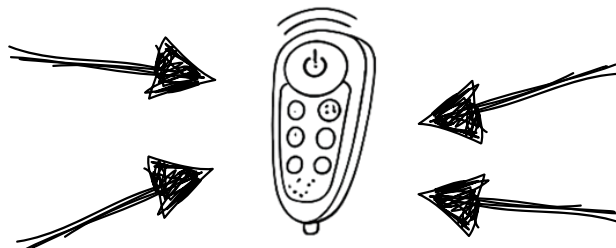


Parent/Carer



Occupational Therapist

This is a call bell,
there is one in
your room.



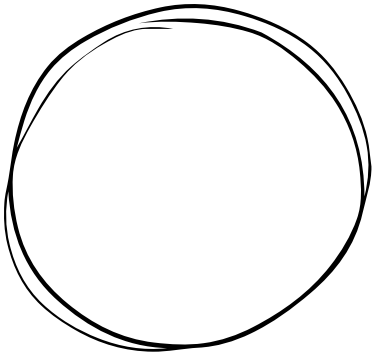
Press my button
and a nurse will
come to help you.

Who is Who...

These are the health professionals who may look after you while in hospital.

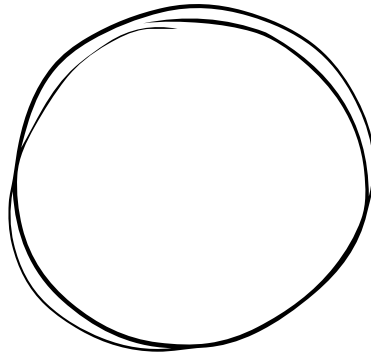
Pharmacists

Who help with medicines



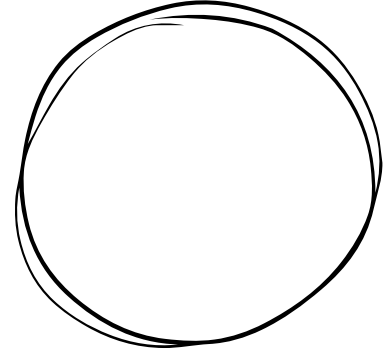
Interpreters

Who help with language



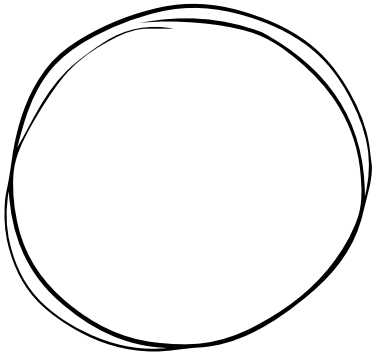
Occupational Therapists

Who help with everyday activities



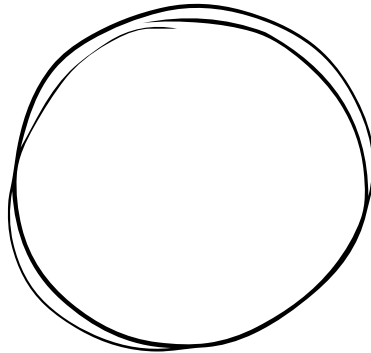
Chaplains

Who help with spiritual care



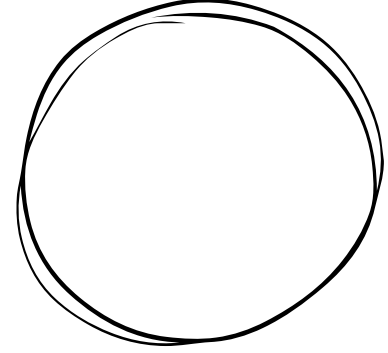
Physiotherapists

Who help with movement



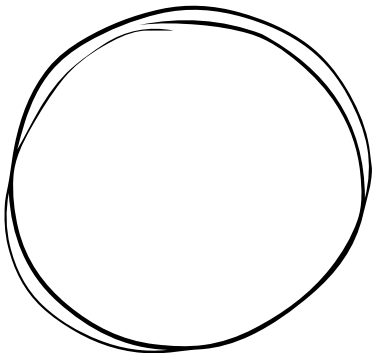
Aboriginal Liaison Officers

Who help with cultural needs



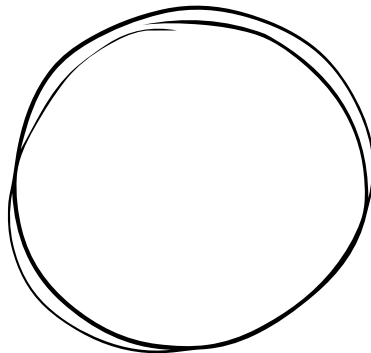
Speech Therapists

Who help with talking and swallowing



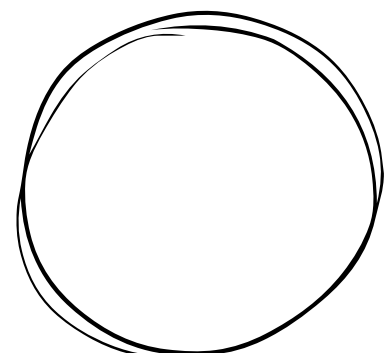
Dietitians

Who help with what you're eating



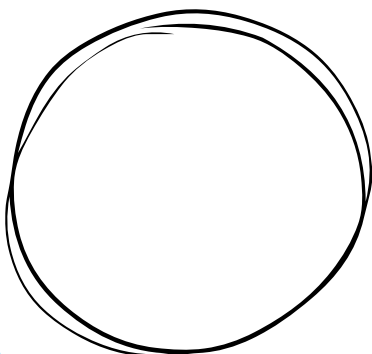
Social Workers

Who help with social & family needs



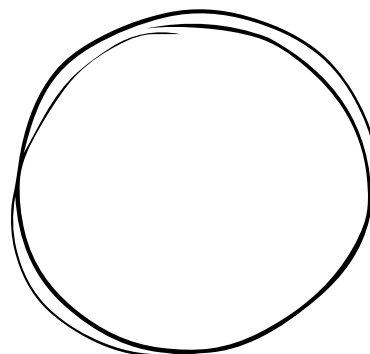
Theatre Technicians

Who help in the operating room with equipment and the team



Ward Clerks

Who help with paperwork and make sure everything runs smoothly



Use the spaces to draw each person or something that reminds you of them!



Information for your stay in hospital...

Keeping you safe in Hospital



Don't worry – A trusted adult will be with you the whole time to help you feel safe. We'll also be here to look after you and help you get better as quickly as possible!

If you need to stay overnight, there's a bed with pillows and blankets right next to yours for your trusted adult to sleep in – and you get to choose who stays!

In the morning, they'll pack up their bed and blankets so it's all ready for next time.

When you have breakfast, your trusted adult can make a cup of tea or coffee in the kitchen.

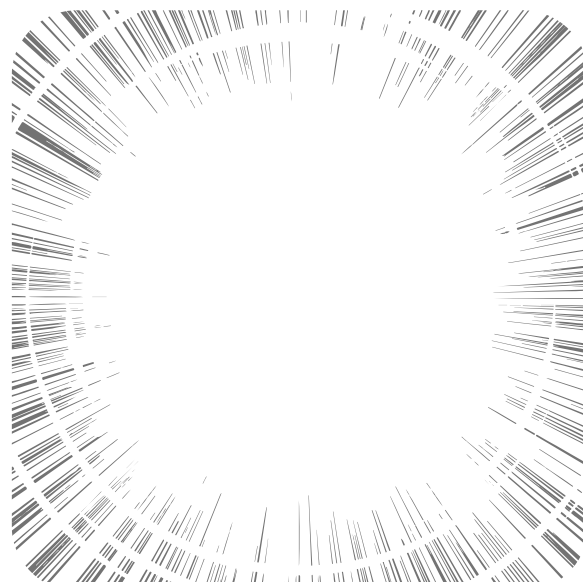
To help you have some fun while you're here, we also have free Wi-Fi and the nurse can help you log in!

Choose who stays

Mum



Trusted Adult



Dad





When you are in hospital

A name band:

A bracelet that is white or red will be placed on your arm to let us know who you are.

Checking your observations:

A nurse will put a little clip on your finger or toe to check your heart and oxygen. They might also put a soft band on your arm or leg for a quick squeeze. Last, they'll check your temperature – just like at home!

Weight and height checks:

Your nurse will weigh you on one of our scales that is either standing up or sitting down. The nurse will also check how tall you are up against a special measuring stick on the wall.

Sometimes, doctors and nurses need to do a tests and small procedures. These tests help us understand how to take the best care of you. While the small procedures might need to be done after the tests. Some of the most common tests we do are:

Insertion of an Intravenous Cannula:

This is a thin tube that is put into a vein in your arm. We are able to give you medicine and fluids and do tests to understand what is happening in you using the cannula.

Naso Gastric Tube:

This is a thin tube that goes in your mouth and down to your stomach. We are able to give you medicine, drinks and liquid food using this tube.

X-ray:

An X-ray is like taking a photo of your bones or chest. You will need to stay really still for a few seconds while a big camera takes the picture. It doesn't hurt at all!

Ultrasound:

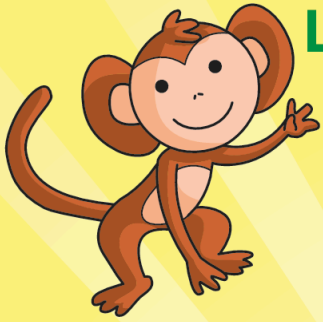
An ultrasound uses a little camera and jelly on your skin to look inside your body. It feels a bit cold and slippery, but it doesn't hurt. You might even see pictures on the screen!

Blood Test:

A blood test is when a nurse takes a little bit of blood from your arm or hand with a small needle. You might feel a quick pinch, but it's over fast.

Urine Test:

A urine test is when you do a wee in a special cup. It helps the doctors check how your body is working. This one is super easy!



Let everyone know these are **the rights of every child** in health care



- ★ Know that children are special and always do what is best for us.
- ★ Listen to us when we tell you how we are thinking and feeling, when we are upset, when we have problems or worries or when we need to talk to you. We may not be able to use words, so take notice of what we do and how we look because this can tell you what we are thinking and feeling.
- ★ Give us the very best possible care and the comfort we need.
- ★ Let us and our families be who we want to be, whatever our beliefs and customs, so that we feel safe at all times.
- ★ Let our families and others who are important to us be with us, to care for us and love us.
- ★ No matter how big or small we are, tell us what we need to know in a way we can understand.
- ★ Let us have a say in things that are happening to us now and in the future.
- ★ No one has the right to harm us, not doctors or nurses and not even our Mums or Dads. Protect us always from anyone who would harm us or treat us badly.
- ★ Our bodies belong to us. Ask us if you want to share information about us and make sure we stay safe. Give us space and privacy, as well as the chance to be with others.
- ★ Help us grow up to be the best we can. Let us learn, let us play and discover some things for ourselves.
- ★ When you care for us, make sure that everyone is working together to do what is best for us, until we are grown up and can decide things for ourselves.



Videos of different procedures

Thank you Royal Children's Hospital for creating these videos

Intravenous Cannulation



Chest X-Ray



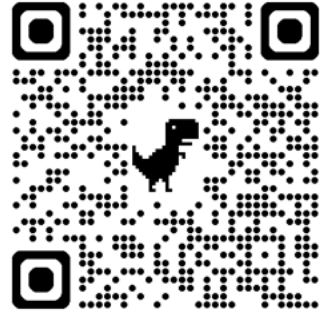
Bone X-Ray



Surgery



Nursing Observation



Ultrasound



Comfort Holds



MRI



How to Prevent Falls while in Hospital

BE A SAFETY STAR IN HOSPITAL! ★

1. Ask for Help!



If you want to get out of bed, go to the toilet, or reach something high — ask a nurse or grown-up.



2. Keep Your Feet on the Floor!



No jumping on beds or chairs! Keep both feet on the ground when you're standing or walking.

3. Wear Your Shoes or Non-Slip Socks!



Always wear your special hospital socks or shoes so you don't slip and slide!

4. No Running!



Walk slowly — hospital floors can be slippery!

5. Keep Toys and Bags Tidy!



Don't leave toys, bags, or cords on the floor. Someone might trip!

6. Use the Handrails!



Hold on to the rails when walking to stay steady and safe!

7 Tell Someone if You Feel Dizzy!

Tell a nurse or grown-up



Remember:

You're never in trouble for asking for help. We're here to keep you safe!



Medication Safety



When you're in the hospital, the doctors and nurses will give you medicine to help you feel better. It's very important to take the right medicine at the right time. Here are a few things to remember about your medicine:

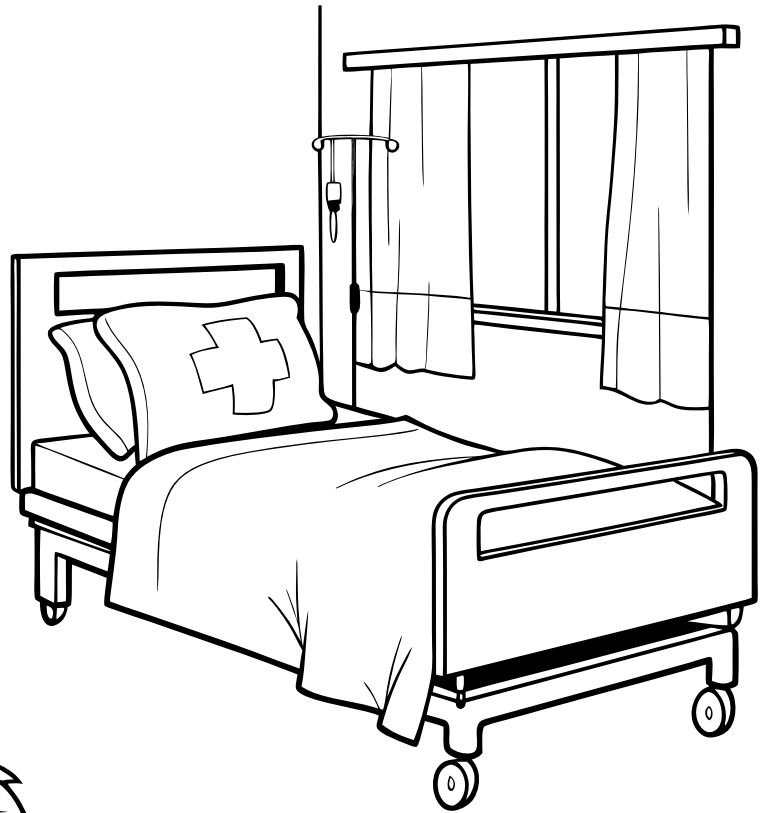
- **Your doctors and nurses will help you:** They will make sure you're getting the right medicine and will explain how it works to help you feel better.
- **Always ask questions:** If you don't understand something about your medicine or feel unsure, it's okay to ask your nurse or doctor to explain.
- **Taking your medicine:** Sometimes, the medicine might be a drink, a pill, or something the nurse gives you through a special tube. Make sure to take it exactly the way your nurse or doctor tells you.
- **Keep it safe:** Never take anyone else's medicine, and make sure you only take the medicine given to you by your nurse or doctor.
- **Tell someone if you don't feel good:** If you feel funny or strange after taking your medicine, tell the nurse or doctor right away.

Medicine is an important part of your treatment, and we want to make sure it helps you get better and keeps you safe!

Infection Prevention



If you're sick with something that can spread to others, it's important to stay in a special place like your own room until you feel better.



The staff will always clean their hands before and after helping you.

If you ever see this not happening, it's okay to remind them. We all need to work together to stay healthy!



To keep everyone safe and healthy, it's really important to wash your hands often or use hand sanitiser.



YOUNG PEOPLE'S HEALTHCARE RIGHTS ARE:

To use, and receive
the **BEST** available
health care

What's best for **EACH** of us

To be with and guided by
our **FAMILY**, unless this is
against our best interest

To be treated with
RESPECT in regards to our
values, beliefs and culture

To **PRIVACY**

To education, rest,
play, creative activities
and **RECREATION**

To express our views
respectfully, be **HEARD** and
have something done about it

To be **INVOLVED** in
making decisions that
affect us

To planned, **COORDINATED** health care

To be **FULLY** informed, ask
questions and be given
answers about all matters
concerning us

To be **PROTECTED** from harm



More
Information:



Questions?

Make sure you use the Communication Board at your child's bed to write down any questions you may have during your stay.



We'd love your feedback!

Please help us improve by sharing your feedback.

Scan this QR code to complete a short survey about your experience in Ward 2- Children's ward at Northern Hospital



Need More Information?

Visit the Northern Health Website:

<https://www.nh.org.au>

Find info on paediatric services, maps, visitor information, and more.

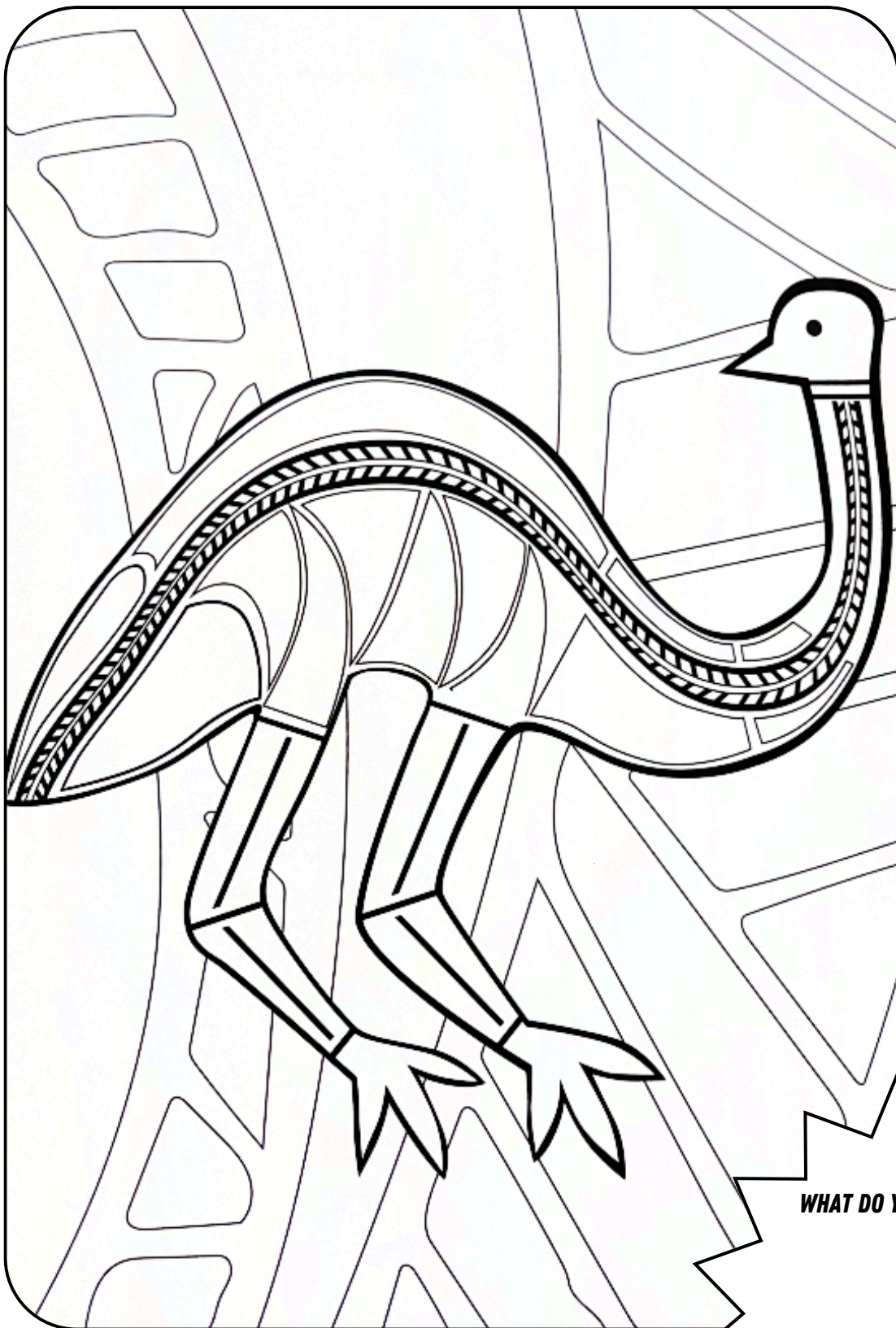


Northern Hospital Children's Ward Locations & Contacts

Northern Hospital (Main Campus)
185 Cooper Street, Epping VIC 3076
 (03) 8405 8000
 Open 24/7



Let's the nurses or healthcare worker know if you have any questions- we're here to help.



Narrun Wilip-giin means 'Spirit Keepers' in Woi Wurrung language.

The Northern Health Paediatric Unit is supported by Aboriginal Liaison Officers.

We provide cultural support to Aboriginal and Torres Strait Islander patients and their families while on their hospital journey.

We can also provide a link between you and the medical teams caring for you.

Fun Fact:

Northern Health is on Wurundjeri Country and Taungurong Country. These areas are part of the Kulin Nation.

WHAT DO YOU KNOW ABOUT EMUS?

Hello, we are the Aboriginal Liaison Officer team.

To see us, let your friendly nurse know.

Background artwork by Aboriginal artist Alkina Edwards
Yapemeyepuka - meaning 'Together'

The story represents the journey from exclusion to inclusion within mainstream hospitals, celebrating cultural safety and resilience.

Emu designed by Aboriginal artist Gary Saunders

Gary is a proud Bangerang, Yorta Yorta, Wiradjuri, Dja Dja Wurrung man and is a Graphic Designer and musician.



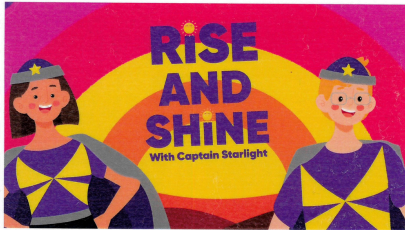
Fun Activities to help pass the time...

You might notice these
stethoscopes throughout the
book. How many can you find
hidden among the pages?



It's SHOWTIME on Planet Starlight!

From Monday to Friday Captain Starlight has a STAR-TACULAR lineup of live and interactive shows to help you LOL the day away!



11am - Rise and Shine!

GOOD MORNING!!! (Whoops sorry for yelling.) It's time to wake up with our relaxing morning show. Join Captain Starlight for stories, songs, playtime and much, much more (probably very silly jokes).



1pm - The Laughter-Noon Show

Join Captain Starlight and take on today's crafty play of the day. Find out all about our daily activities and hear what's happening around Planet Starlight! Be on the lookout for special guests dropping by!



3pm - Big Huge Massive Game Show

Get your game face on because it's game time! Join Captain Starlight for some truly awesome interactive games and challenges. There's a different crazy fun game to join in every day of the week – can you beat the Captains at their own game?!

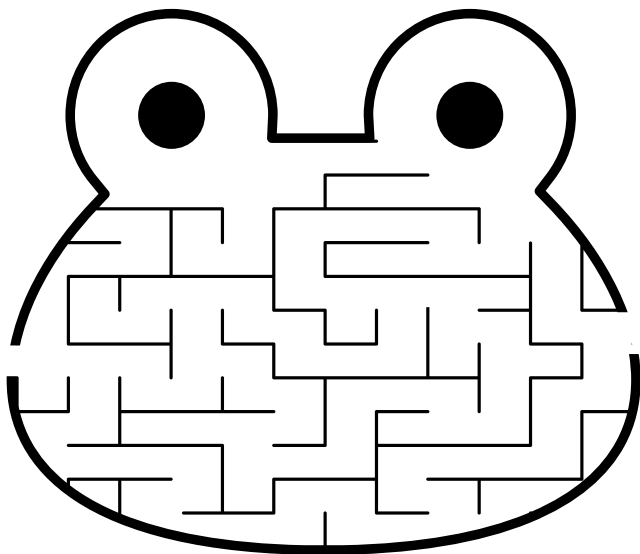
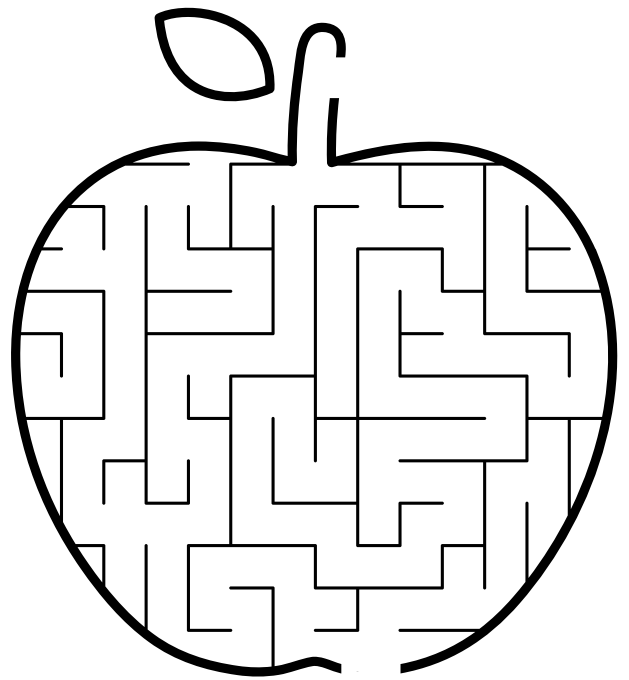
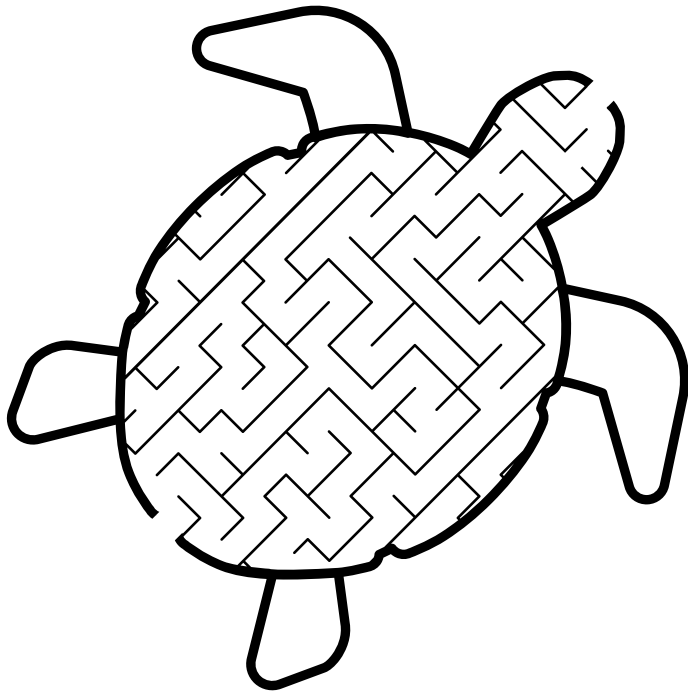
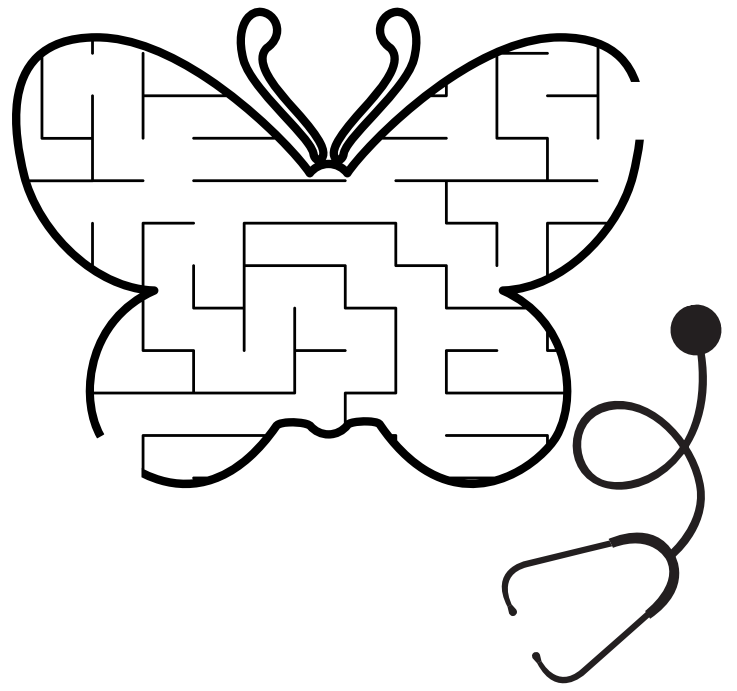


5pm - The Lunar Lounge

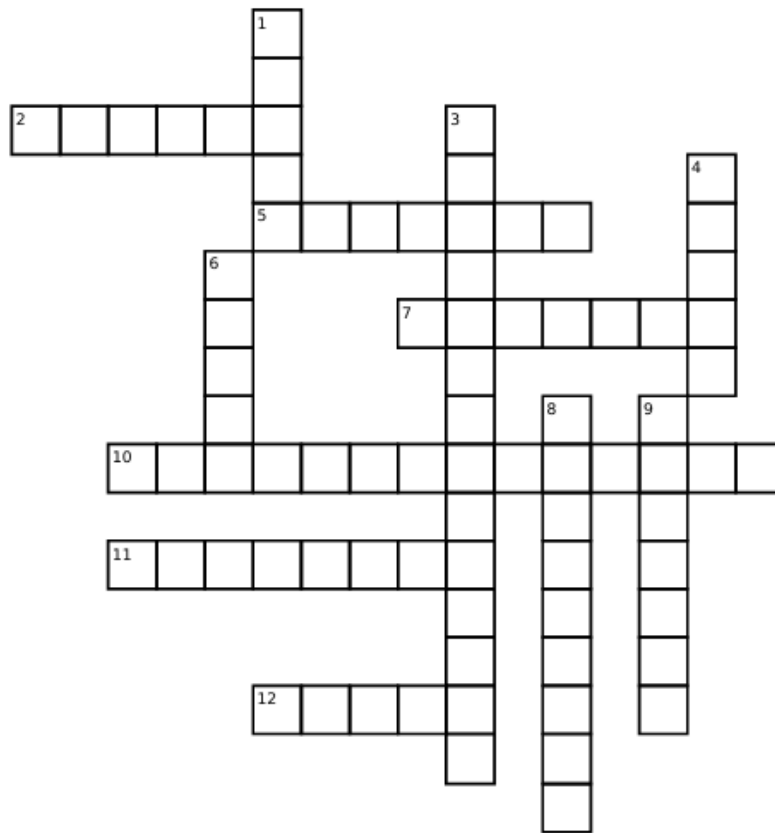
It's time for some super chill-axing fun in the Lunar Lounge. Help the Captains play the latest Nintendo Switch games, attempt awesome LEGO builds, unbox cool toys, make marvellous models, review board games and so much more!

Scan QR for
Planet Starlight





Anatomy Crossword



Down:

1. Like balloons inside your chest. They fill up with air when you breathe in and let it out when you breathe out.
3. This long, twisty tube takes the food from your stomach and pulls out all the good stuff your body needs.
4. It is a strong pump. It pushes blood all around your body so you can stay alive and full of energy.
6. Is like a super-cleaner. It helps clean your blood and makes special juice to break down food.
8. Is a food slide! It carries food from your mouth down to your stomach.
9. Are like filters. They clean your blood and make pee to get rid of waste water.

Across:

2. Is like a body guard. It helps fight germs and keeps your blood healthy.
5. It is like a stretchy bag. It squishes and mixes up the food you eat so your body can use it.
7. Is like a water balloon. It holds your pee until you're ready to go to the bathroom.
10. This tube is wider and shorter. It takes what's left after the small intestine and makes poop to get rid of waste.
11. Makes juices that help your stomach and intestines digest food. It also helps control sugar in your blood.
12. The boss of your body. It helps you think, feel, and tell the rest of your body what to do.

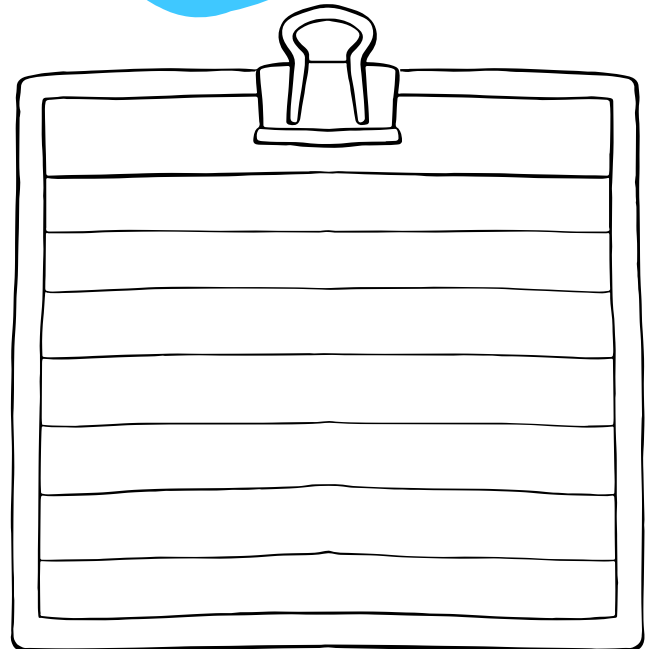
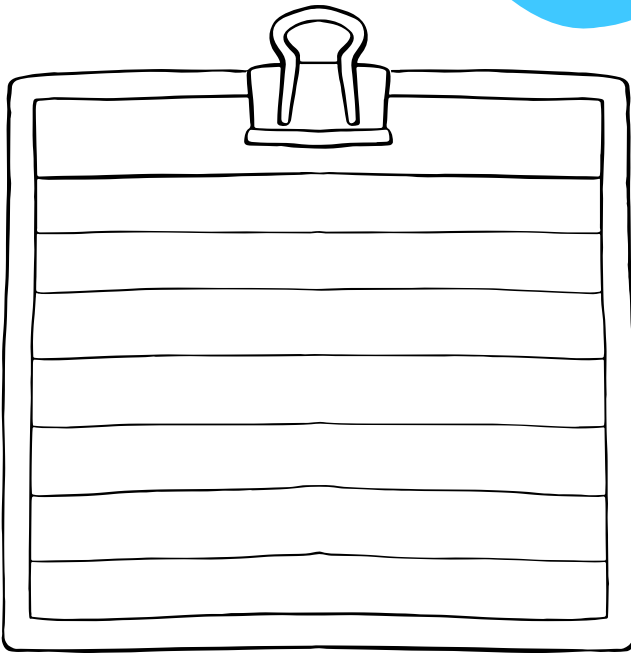
2. Spleen 5. Stomach 7. Bladder 10. Large Intestine 11. Pancreas 12. Brain

Across:

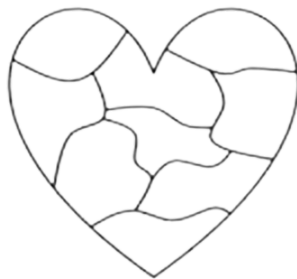
1. Lungs 3. Small Intestine 4. Heart 6. Liver 8. Esophagus 9. Kidneys

Down:

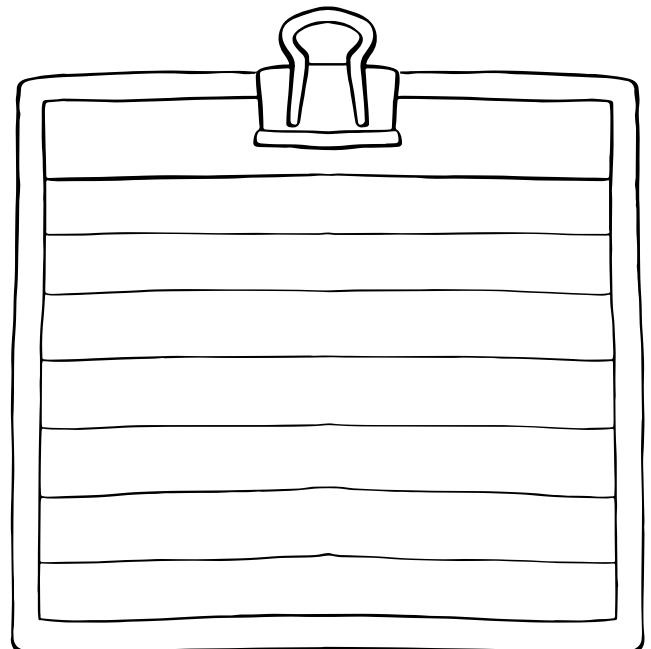
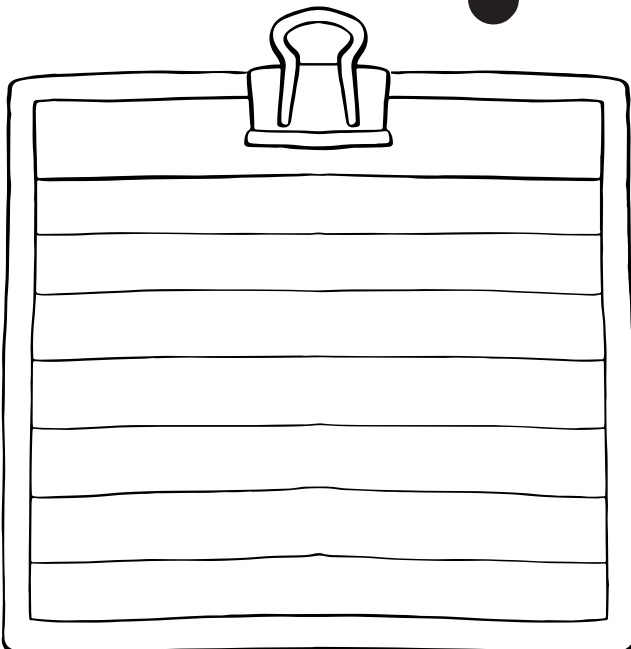
A Place for your Thoughts



What's in Your Heart?



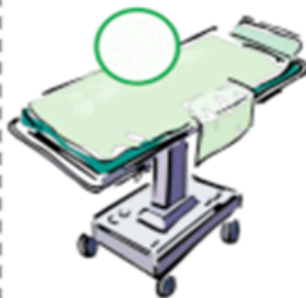
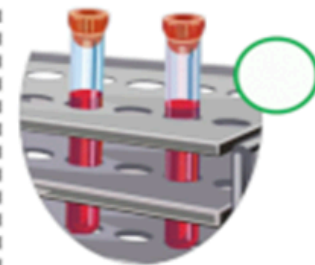
- Happy 😊
- Sad 😞
- Mad 😡
- Afraid 😨
- Silly 😜



AT THE HOSPITAL WORD SEARCH PUZZLE !

Find and circle the words in the word search puzzle and number the pictures

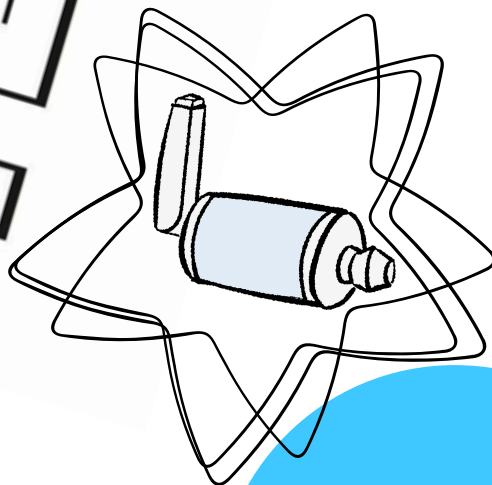
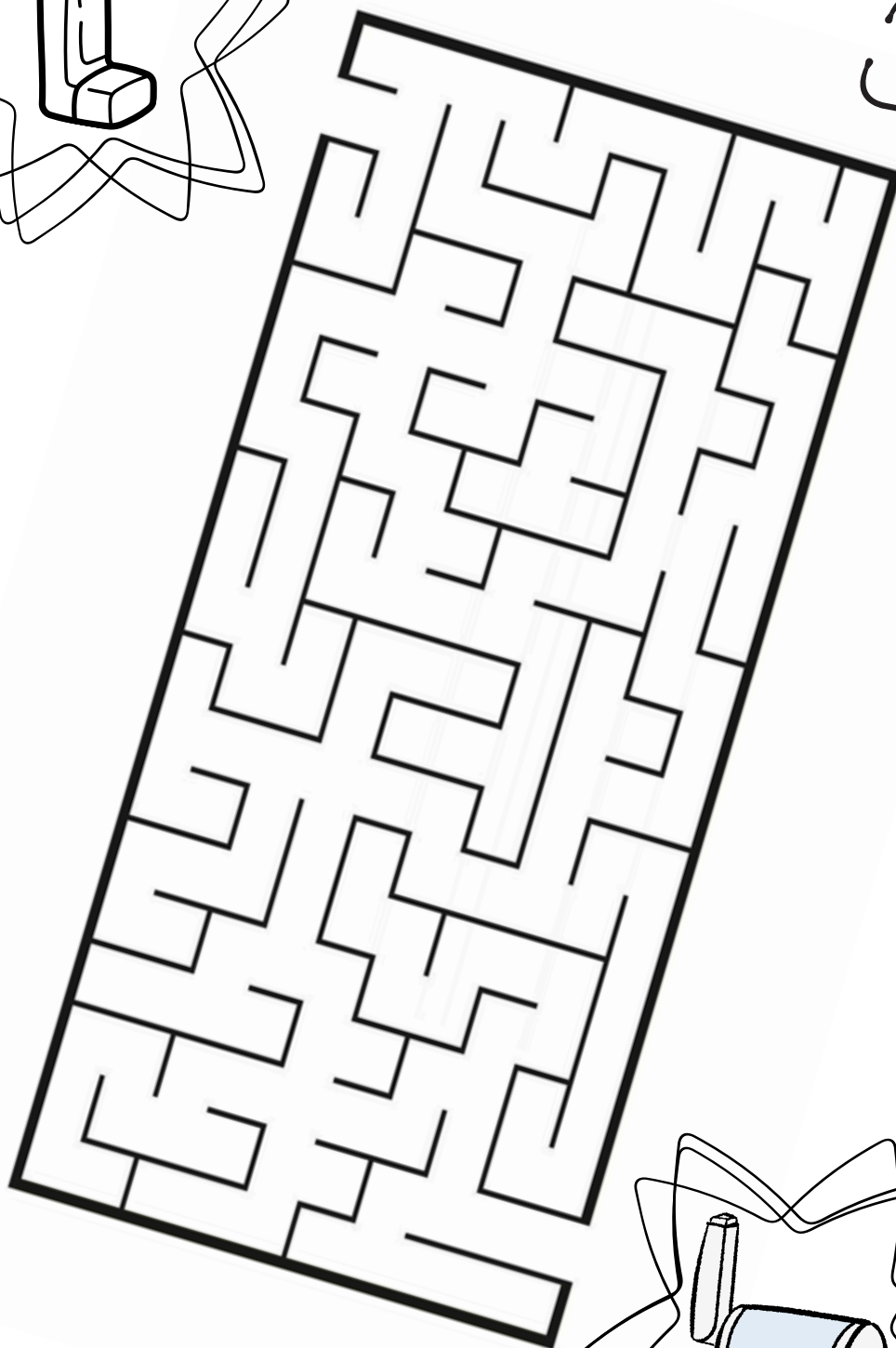
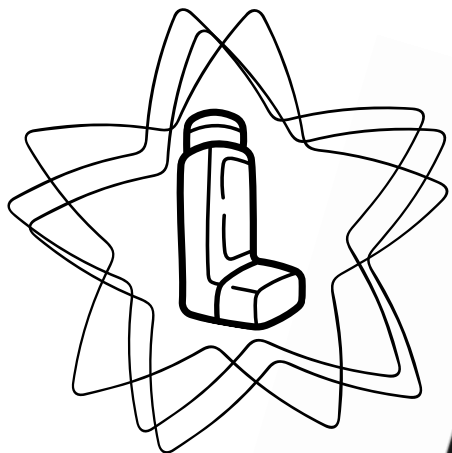
u	x	t	u	s	u	r	g	e	o	n	z	x	i	w
d	n	h	k	c	v	o	v	e	l	t	d	w	s	r
r	g	s	q	n	g	x	p	m	h	y	d	h	e	f
t	l	t	r	c	l	y	x	r	a	y	e	e	c	a
k	v	e	d	p	f	g	o	i	d	h	n	e	r	x
h	o	t	w	a	t	e	r	b	o	t	t	l	e	j
t	i	h	a	t	h	n	n	l	c	h	i	c	t	a
l	i	o	g	i	y	t	m	o	t	r	s	h	a	m
w	o	s	n	e	t	a	m	e	o	r	t	a	r	b
a	d	c	u	n	c	n	r	q	r	g	l	i	y	u
l	v	o	r	t	n	k	v	y	r	u	s	r	s	l
k	q	p	s	z	b	e	c	f	k	n	n	r	a	a
e	a	e	e	e	x	a	m	i	n	a	t	i	o	n
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s	b	l	o	o	d	t	e	s	t	z	l	t	b	e

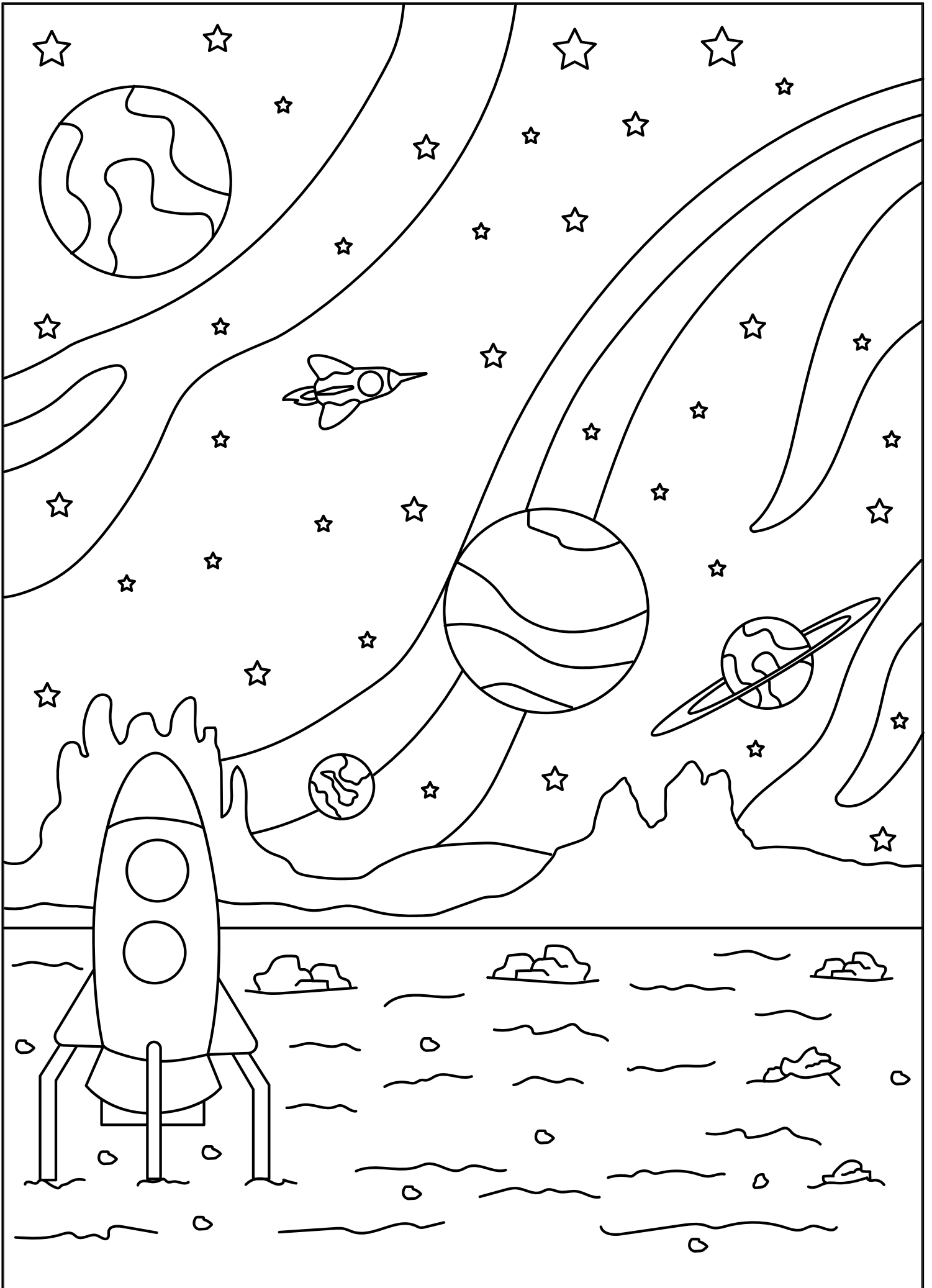


1. doctor
2. dentist
3. nurse
4. surgeon
5. patient
6. secretary
7. examination
8. x-ray
9. ambulance
10. wheelchair
11. walker
12. stretcher
13. blood test
14. oxygen tank
15. hot water bottle
16. stethoscope

ENGLISHSHEETS.COM

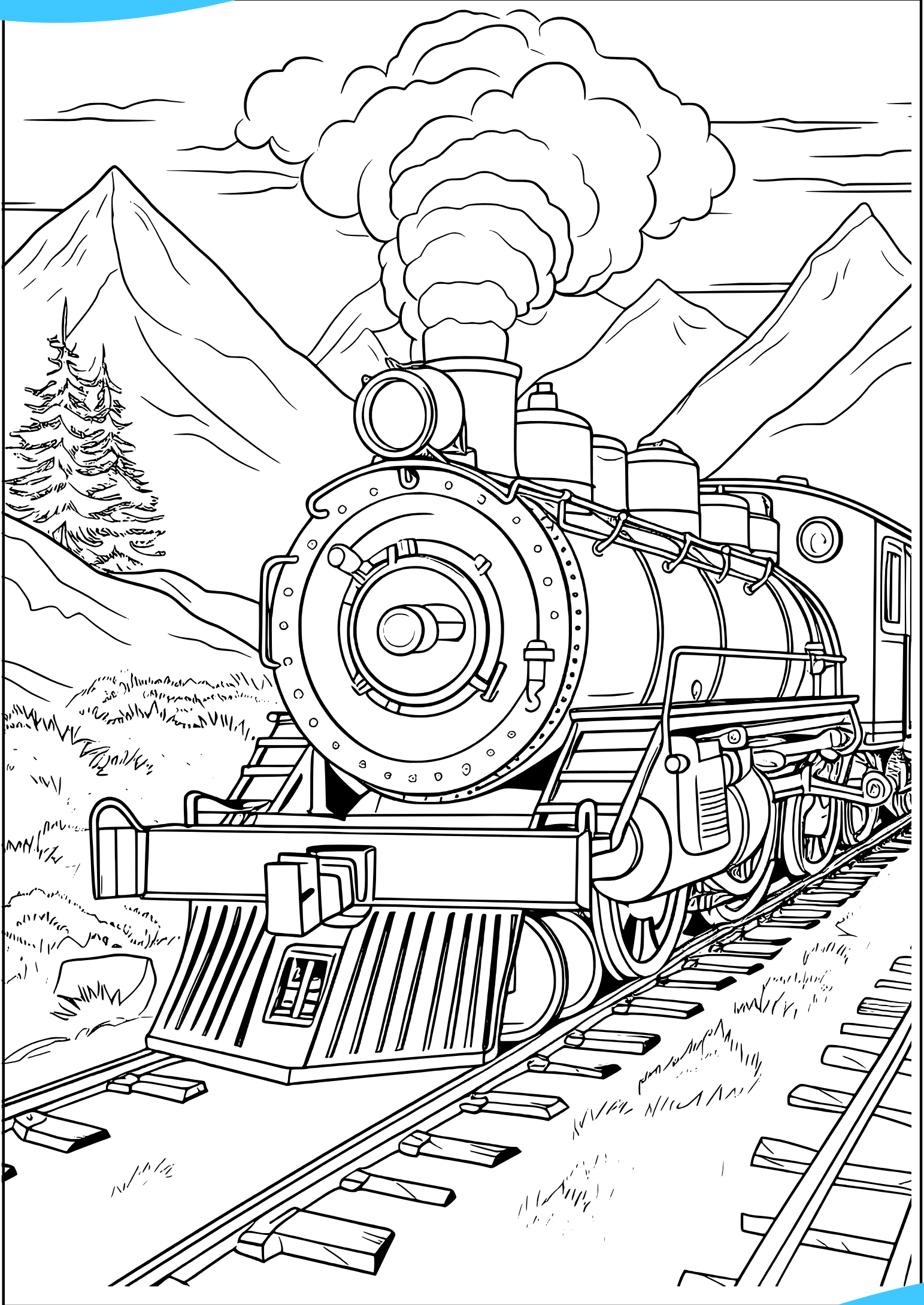
Help Chester the puffer find the spacer

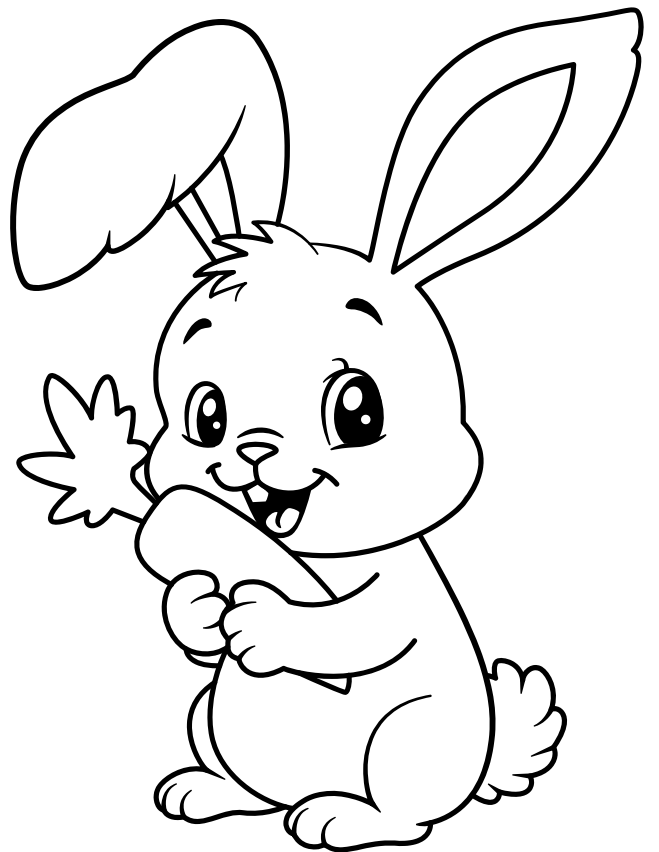
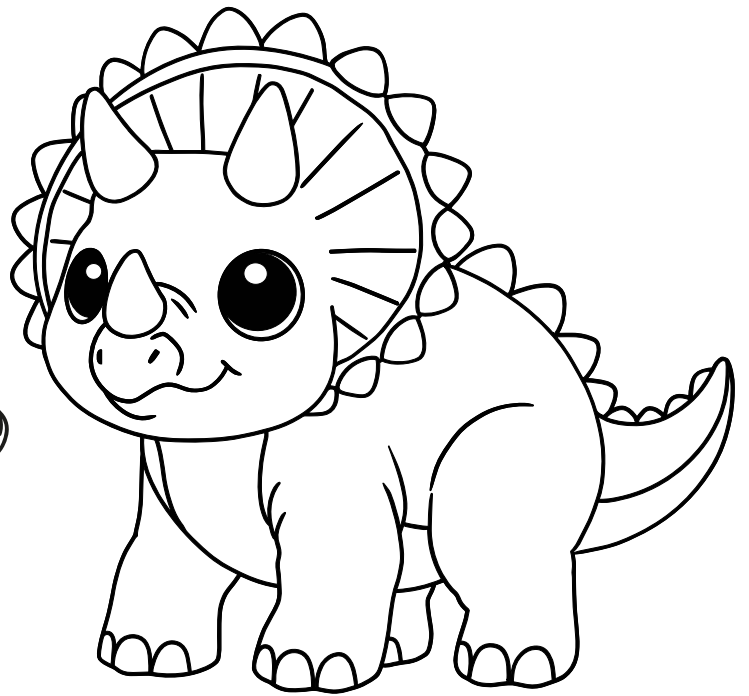
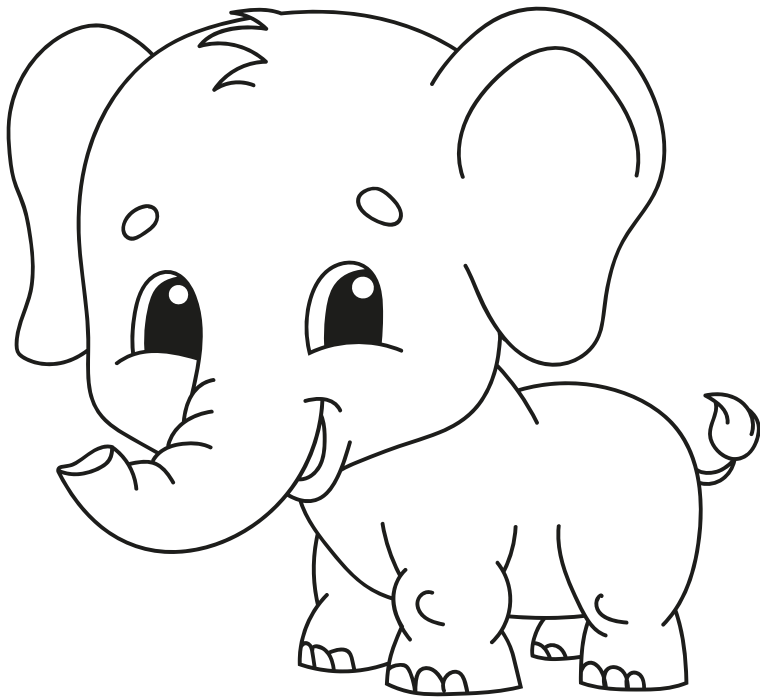


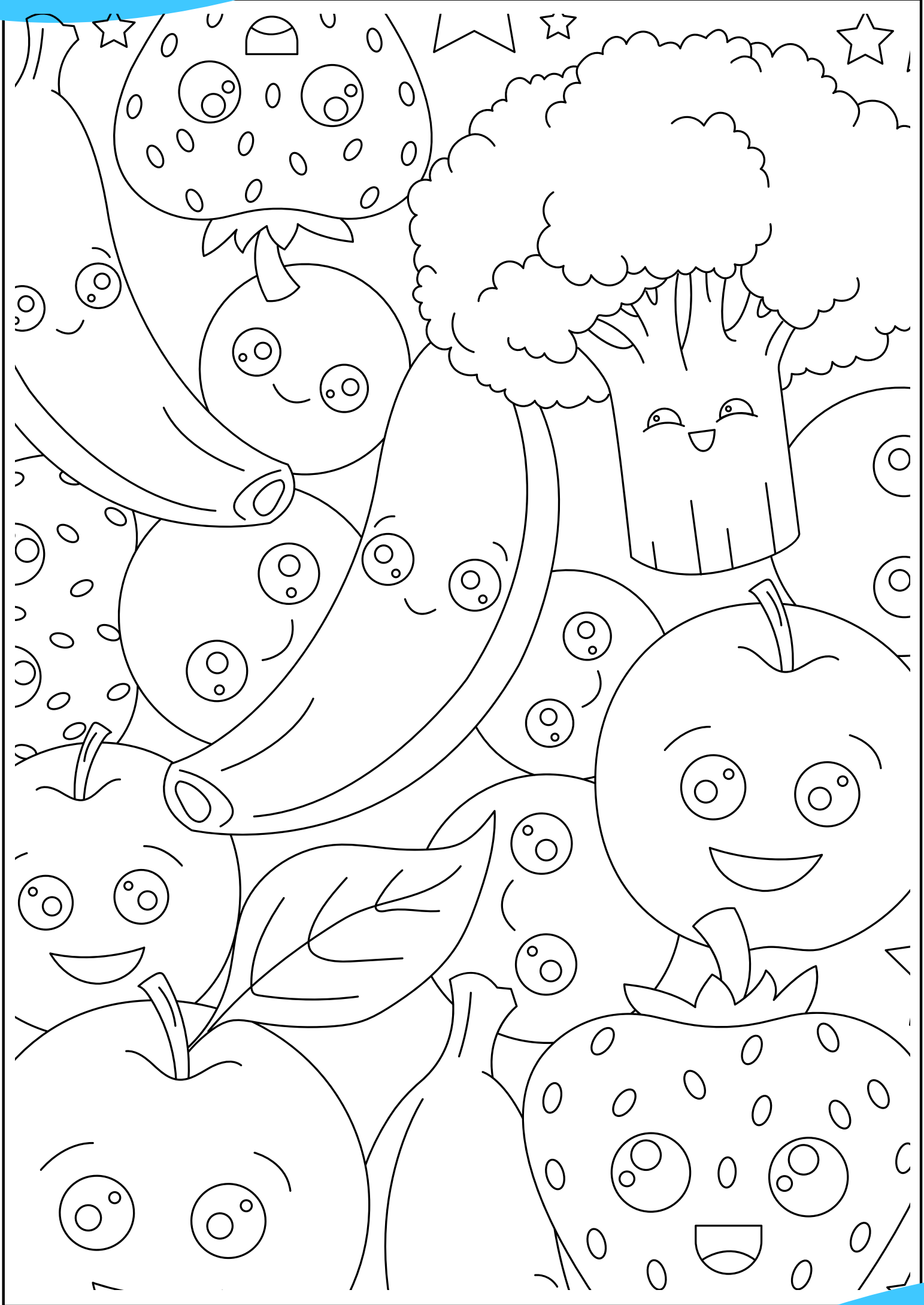


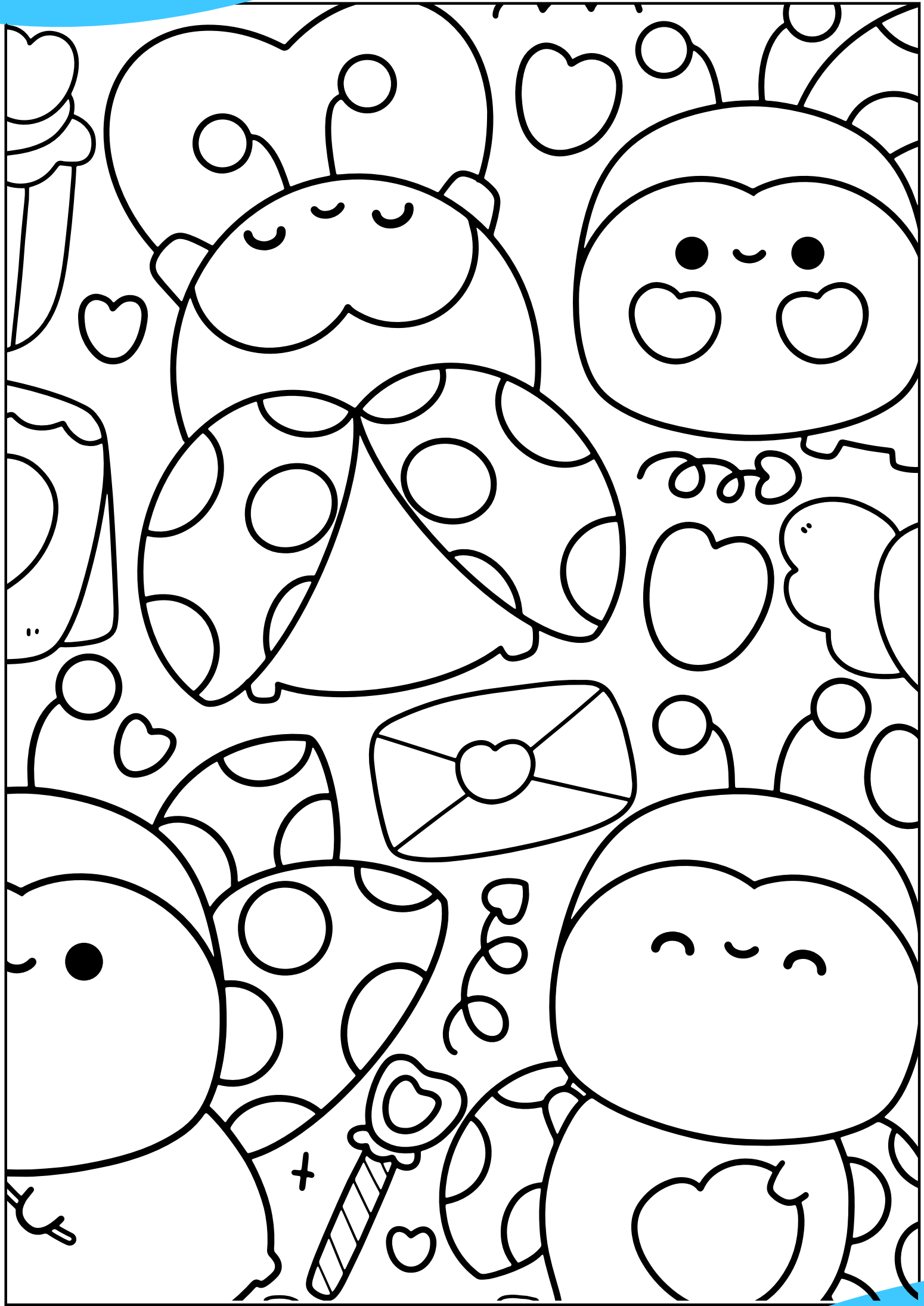






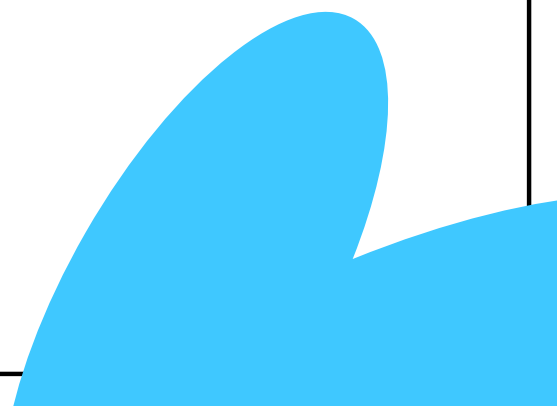








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