



Your **Child Life** Specialist is:

Child Life has playrooms located near the elevators on P4 and P5.

Please check the schedules posted on the doors for specific group and activity times!



Mount Sinai

The Child Life & Creative Arts Therapy Department

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If you have any questions, concerns, or are interested in learning more about **Child Life** please call us at (212) 241 - 6797 or visit

www.mschildlife.org



The Child Life & Creative Arts Therapy Department



Helping to Make Hospitalization Easier for You and Your Child

How Can We Help?

Child Life Specialists and Creative Arts Therapists are members of your child's health care team. We are experts in child development, early childhood education, special education, creative arts therapy and play. We help children maintain their creativity, self-esteem and independence to continue normal development while in the hospital.

The **Child Life** and **Creative Arts Therapy Department** includes:

- Certified Child Life Specialists
- Board Certified Music and Art Therapists
- Family Resource Center Librarian
- School Teachers
- Knitting Consultant
- Technology Coordinator
- Meditation Specialist
- Videographer
- Creative Writing Specialist
- Child Life and Creative Arts Therapy Interns
- Entertainers
- Volunteers
- A Live Broadcast Studio

Child Life provides many services to help ease the adjustment to life in the hospital. Contact your **Child Life Specialist** with questions about any of these activities!

Child Life Activities can include:

Group Activities: With permission from the doctor or nurse, children, teens and their siblings are welcome to join in daily group activities held in the playroom and the Zone.

Bedside Activities: For children and teens unable to leave their room, our team provides appropriate bedside activities aimed at helping them adjust to hospitalization.

Medical Play: Child Life Specialists can provide preparation using hands-on experiences with medical equipment for upcoming procedures and treatments. We can assist with explaining illness to children, teens and their siblings.

Procedural Support: Child Life Specialists are available to support children and teens during difficult procedures by using relaxation and distraction techniques.

Art and Music Therapy: Art and Music Therapy is offered to patients who are interested in using the arts to promote well-being. Creative Arts Therapists help to foster self-expression and support developmental growth, relaxation, and coping during hospitalization.

Creative Writing: Creative writing activities are offered to patients who are interested in expressing themselves through creating a poem, story, essay, or article. Creative writing offers the patient an opportunity to use their imaginations to create something new or write about what's on their mind.

Digital Movie Channel: Watch dozens of current films edited for families on TV Channel 110 and Channel 111 (Spanish) all day long. Showtime schedule is available in the playroom.

Family Resource Center: Located in the Zone, the FRC is a quiet place where families can meet with the Librarian and find information about health and parenting. They may also email, print, fax or simply enjoy a refreshment and relax.

The Child Life Zone: Located on the first floor by the elevators, The Zone is a therapeutic and educational play environment for patients and families to play, learn, laugh and relax. The Zone is a state of the art environment that offers a range of activities and opportunities that meet the special needs of children coping with illness and hospitalization. Children must be medically cleared to enter the space. Please check the monthly schedule of activities posted on the units for specific group activity times.

Child Life's KidZone TV: KidZone TV (114 on your TV) is an interactive broadcast studio that offers live and pre-recorded programming. Children and teens can call in from their rooms or The Zone to participate in a variety of activities, including game shows like Bingo, Text Twist, Taboo, and Karaoke. Those who are cleared to leave their rooms can participate in program production in front of and behind the cameras.



Ask your Child Life Specialist about our StoryCorps project.
Interview someone you love or tell your own story!

StoryCorps
Every voice matters.