

# Family Education Sheet

## Books to Help Prepare Patients and Families for a Hospital Stay or Doctor's Visit



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Reading books together about going to the doctor or hospital may help your child feel more comfortable. Here are some of our favorites:

### Staying in the Hospital, Having an Operation or Having a Test

**Title/Author:** *Topsy and Tim Go to the Hospital* by J. Adamson

**Publisher:** Ladybird Books Ltd., 2010

**Age Group:** 3–7 years old

**Summary:** Helps guide parents and children through their first experience in the hospital

**Title/Author:** *Going to the Hospital Sticker Book* by A. Civardi, K. Rogers and S. Cartwright

**Publisher:** Usborne Books, 2009

**Age Group:** 4–8 years old

**Summary:** Shows a child what going to the hospital will be like and that it isn't as scary as it might seem.

**Title/Author:** *Franklin Goes to the Hospital* by P. Bourgeois and B. Clark

**Publisher:** Scholastic Paperbacks, 2000

**Age Group:** 4–8 years old

**Summary:** Helps parents talk about getting sick, seeing a doctor, taking x-rays and going to the hospital.

**Title/Author:** *Paddington Bear Goes to the Hospital* by M. Bond and K. Jankel

**Publisher:** Harper Collins, 2001

**Age Group:** 5–8 years old

**Summary:** Paddington is curious about the hospital and learns that it will be OK.

**Title/Author:** *Jessica's X-Ray* by P. Zonta

**Publisher:** Firefly Books, 2006

**Age Group:** 4–10 years old

**Summary:** When Jessica falls and breaks her arm, she has X-rays.

### Doctor Visits and Check-Ups

**Title/Author:** *Doctor Maisy* by L. Cousins

**Publisher:** Candlewick, 20001

**Age Group:** 2–4 years old

**Summary:** Doctor Maisy is a friendly rat who helps his friend Tallulah, a panda, to feel better.

**Title/Author:** *Maisy Goes to the Hospital* by L. Cousins

**Publisher:** Candlewick, 2009

**Age Group:** 4–8 years old

**Summary:** After bouncing a little too high on the trampoline, Maisy must go to the hospital for x-rays and cast to help her get better.

**Title/Author:** *Froggy Goes to the Doctor* by J. London and F. Remkiewicz

**Publisher:** Puffin, 2004

**Age Group:** 4–7 years old

**Summary:** Helps children understand what it's like to go to the doctor.

**Title/Author:** *Elmo Goes to the Doctor* by S. Albee and T. Brannon

**Publisher:** Random House Books for Young Readers, 2001

**Age Group:** 3–5 years old

**Summary:** Helps a young child know what to expect when they go to the doctor.

**Title/Author:** *Pooh Plays Doctor (My Very First Winnie the Pooh)* by K.W. Zoehfeld and A.A. Milne

**Publisher:** Disney Press, 1999

**Age Group:** Baby–preschool

**Summary:** Pooh learns there's nothing to worry about when going to the doctor.

**Title/Author:** *My Doctor, My Friend* by P.K. Hallinan

**Publisher:** Ideals Publications, 2002

**Age Group:** 4–8 years old

**Summary:** Tells children what to expect from a visit to the doctor's office.

**Title/Author:** *Go to the Doctor* (Topsy and Tim) by J. Adamson  
**Publisher:** Ladybird Books Ltd., 2010  
**Age Group:** Baby–preschool  
**Summary:** Helps guide parents and children through their first experience with the doctor.

**Title/Author:** *Goofy Goes to the Doctor* by S. Amerikaner  
**Publisher:** Disney Press, 2010  
**Age Group:** 4–8 years old  
**Summary:** Goofy has to go for his medical checkup, but he's not too happy about it. Designed with early childhood experts, this special story will help your child relate to Goofy's worries while laughing and getting prepared to visit the doctor.

**Title/Author:** *Let's Get a Checkup!* by A. Katz and P. Lemaitre  
**Publisher:** Little Simon, 2010  
**Age Group:** Baby–preschool  
**Summary:** A book about Rocky Dachshund's first visit to the doctor.

**Title/Author:** *The Moon Balloon: A Journey of Hope and Discovery for Children and Families* by J. Drescher  
**Publisher:** Association for the Care of Children's Health, 1996  
**Age Group:** 7–12 years old  
**Summary:** An interactive book; children create their own stories about their health care experience.

## Books for Families

**Title/Author:** *Your Child in the Hospital: A Practical Guide for Parents* by N. Keene and R. Prentice  
**Publisher:** O'Reilly Media, 1999  
**Summary:** Helps parents prepare a child physically and emotionally for an outpatient test or overnight stay.

**Title/Author:** *A Child in Pain: How to Help, What to Do* by L. Kuttner  
**Publisher:** Crown House Publishing, 2008  
**Summary:** Good for a range of caregivers—parent, nurse, psychotherapist or other adult.

**Title/Author:** *Soothing Your Child's Pain* by K. Gorfinkle  
**Publisher:** McGraw-Hill/Contemporary, 1999  
**Summary:** How touch, visualization, massage, distraction and other techniques can help.

**Title/Author:** *Your Child's Allergies and Asthma* by AAP and M. Welch  
**Publisher:** American Academy of Pediatrics, 2011  
**Summary:** A resource for parents and caregivers coping with childhood asthma and allergies.

*This Family Education Sheet is available in [Arabic](#) and [Spanish](#).*