# The HOSPITAL and me

A toolkit to help me understand my visits and express my needs

KOHL'S Cares

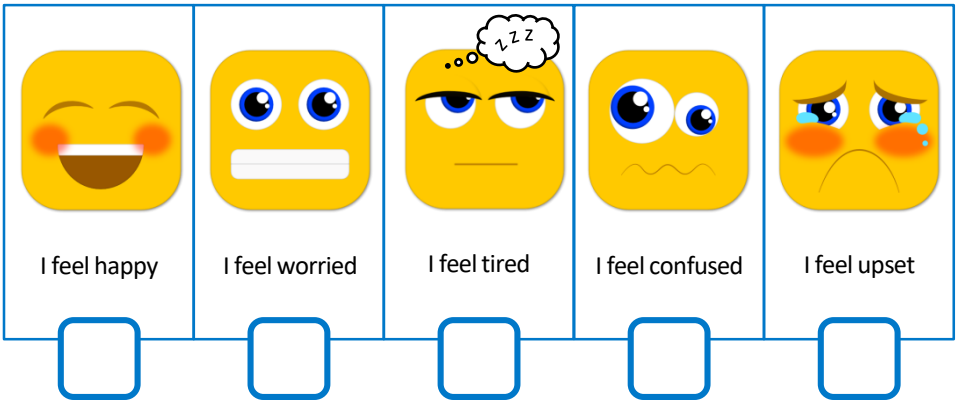
RWJBarnabas HEALTH | Children's Specialized Hospital

This book helps me share how I'm feeling before, during, and after my appointments at the hospital.

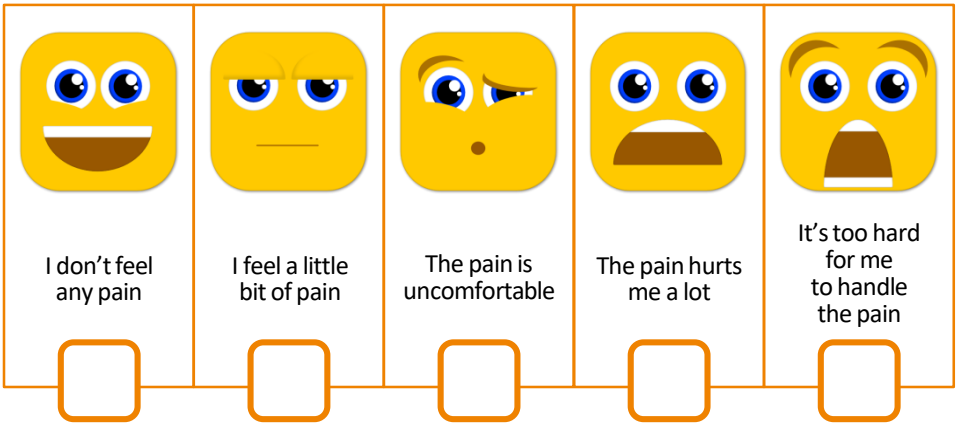
There are pages at the back of this book for me to draw pictures.

Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

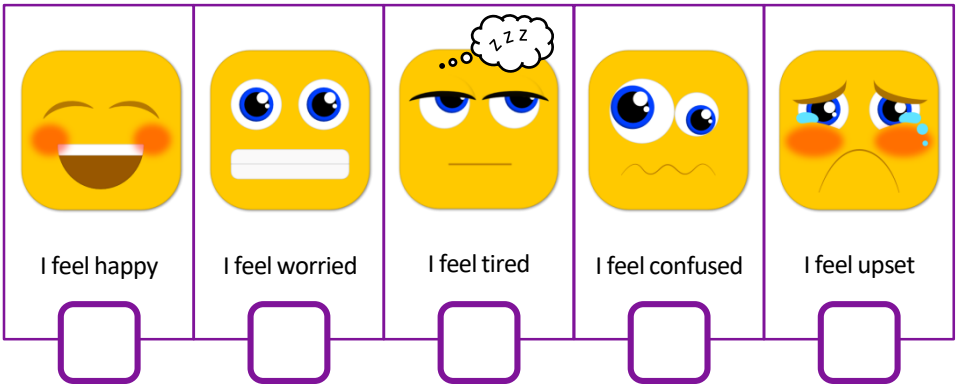
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

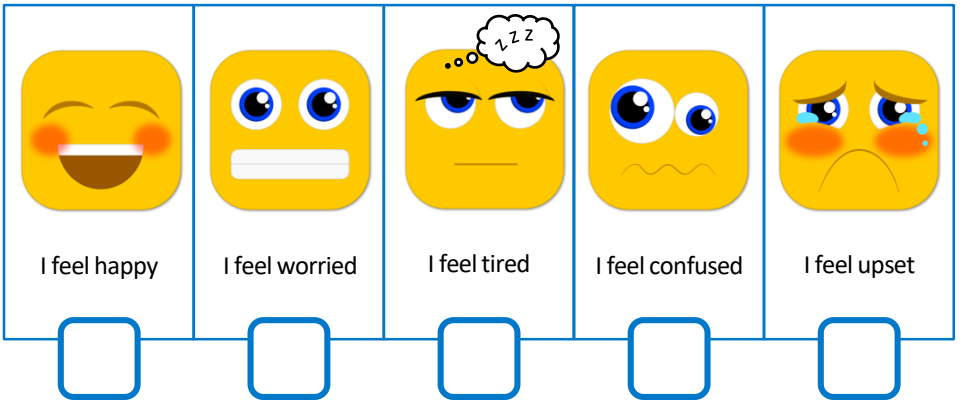
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

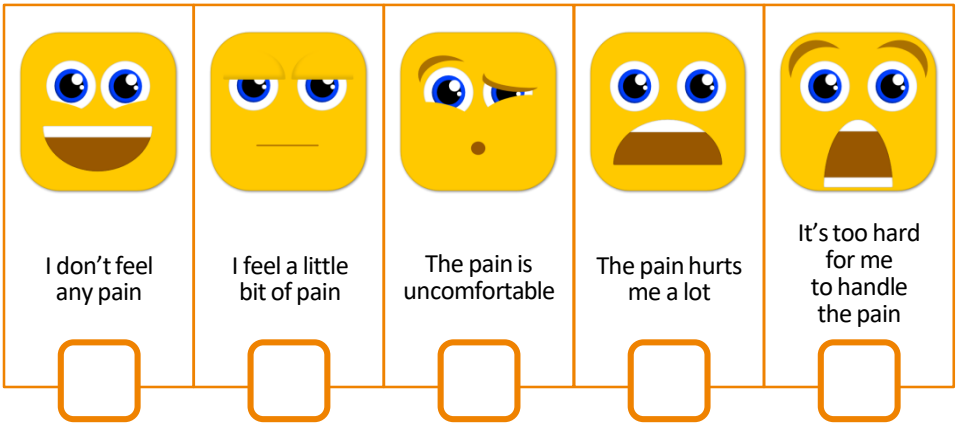


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

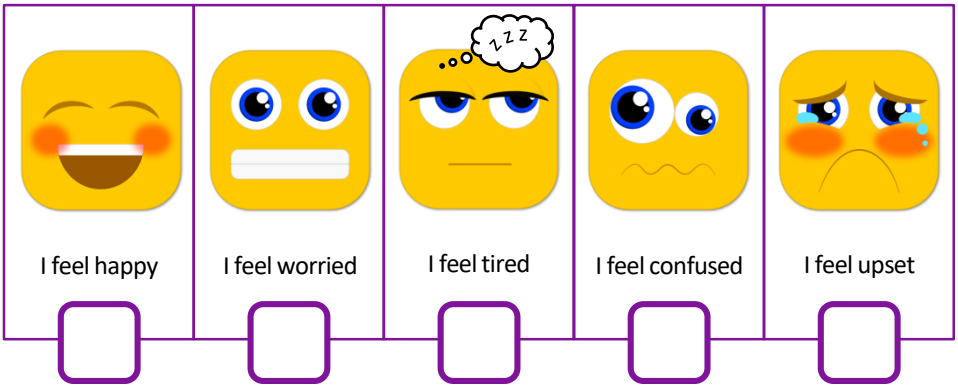
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

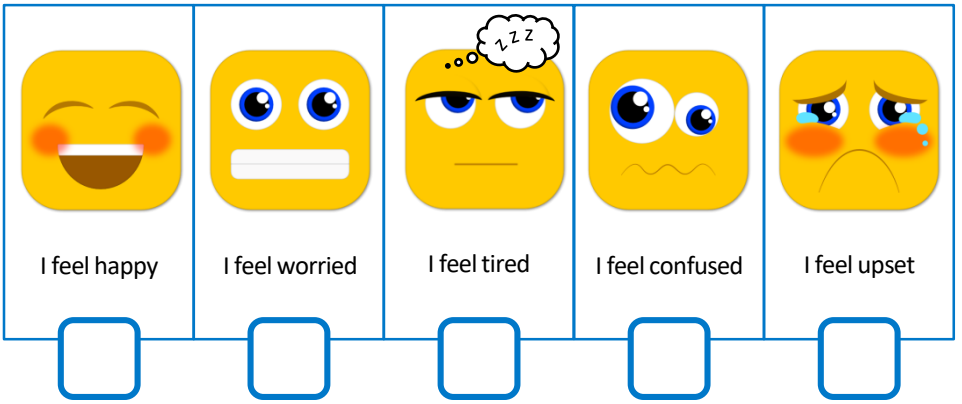
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

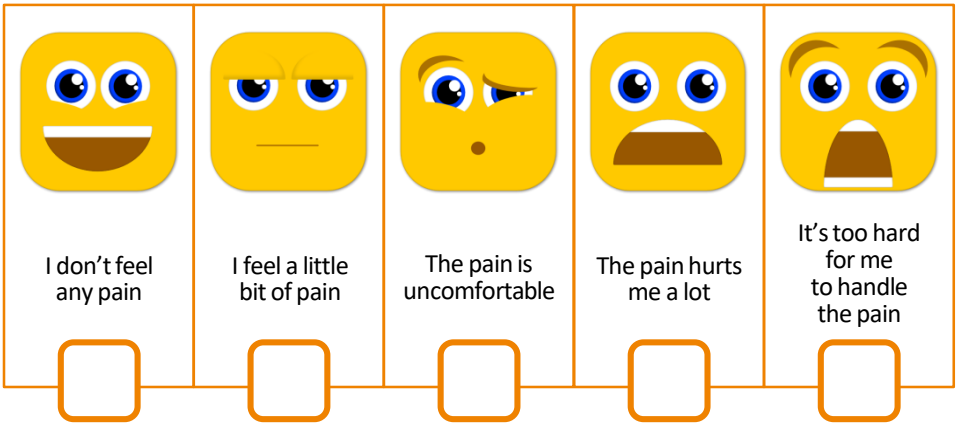


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

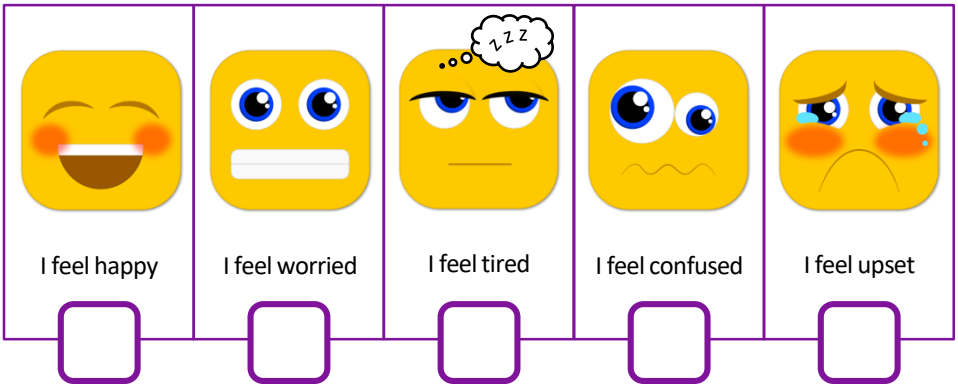
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

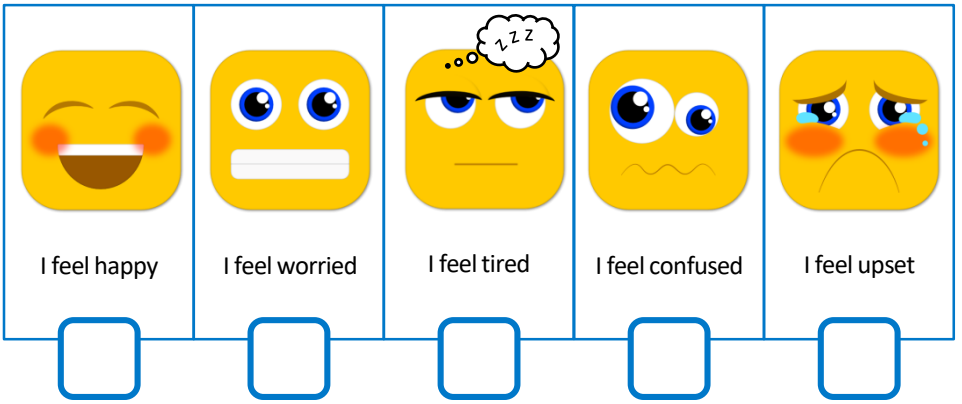
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

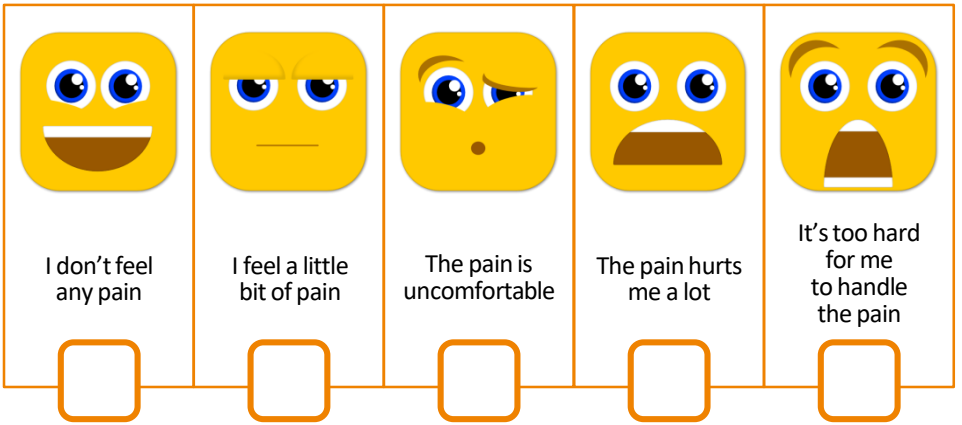


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

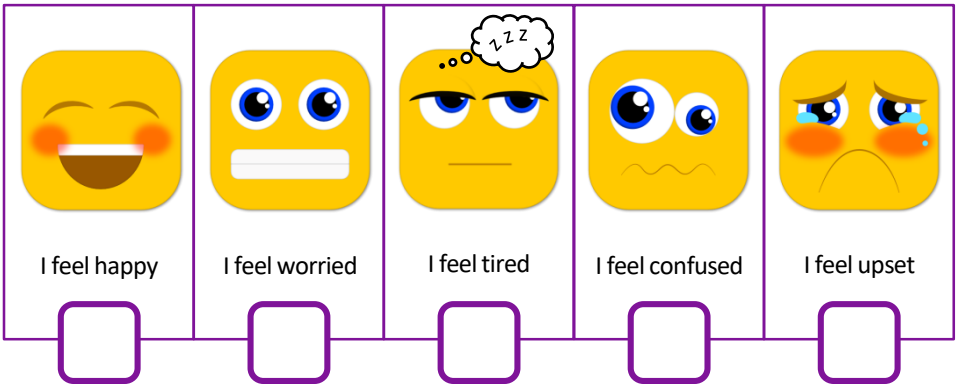
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

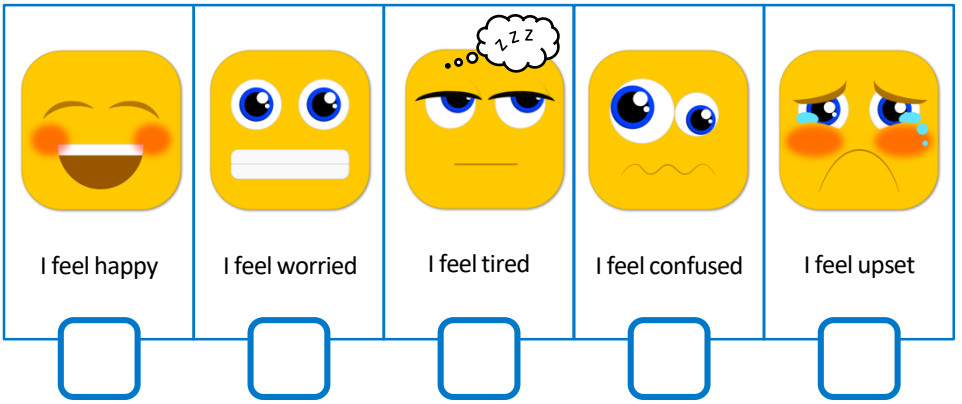
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

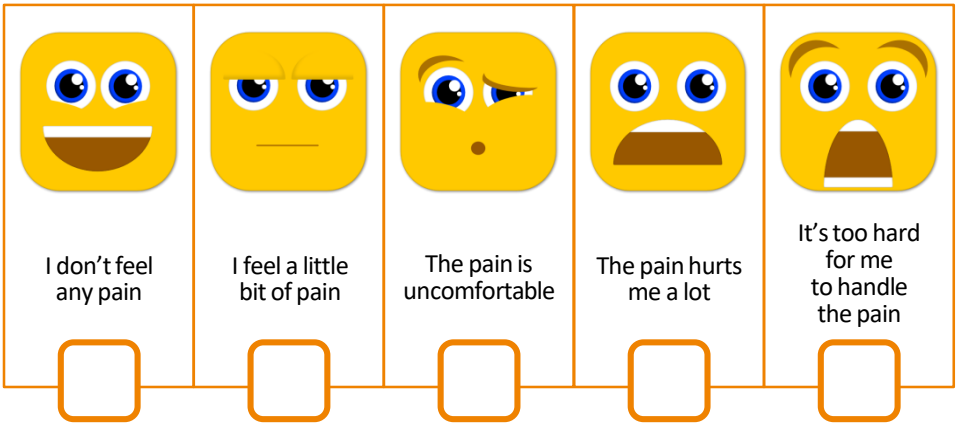


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

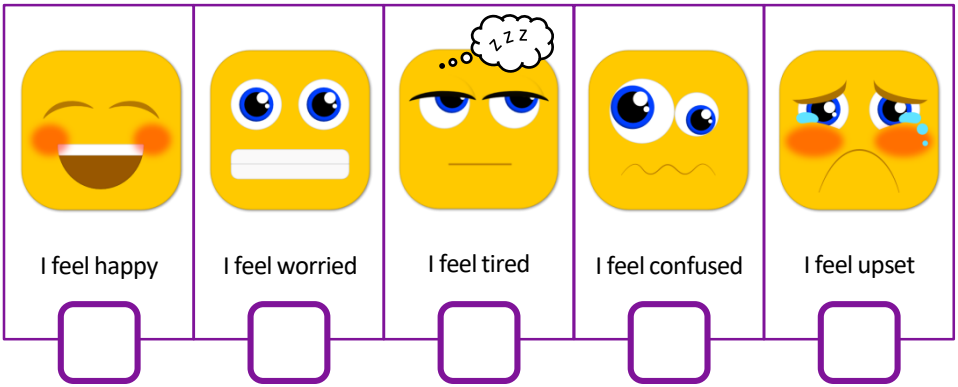
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

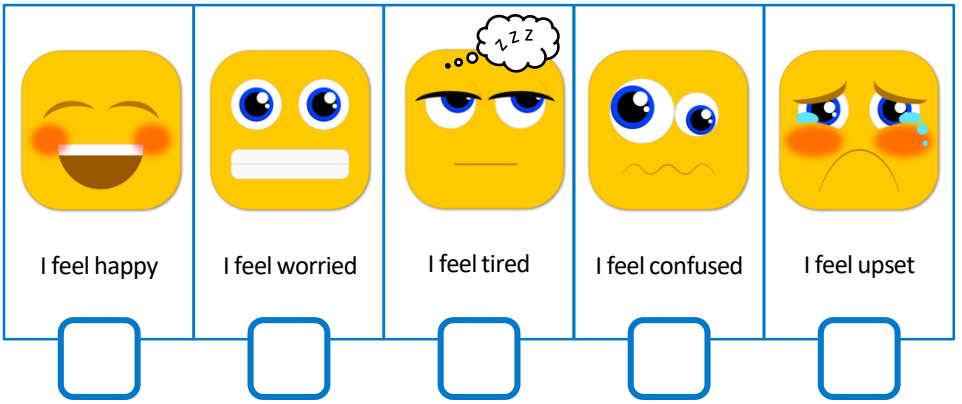
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

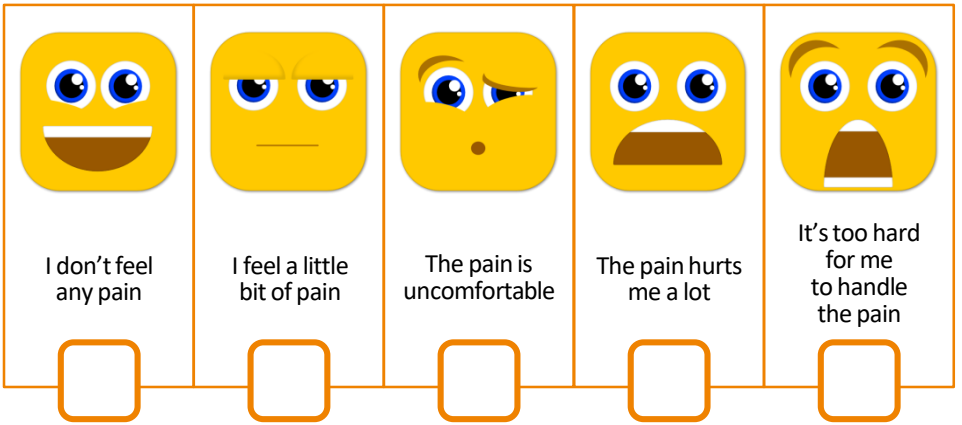


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

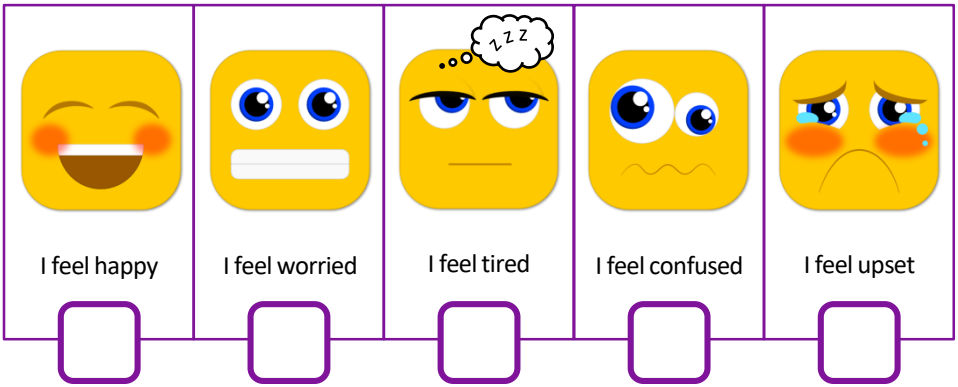
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

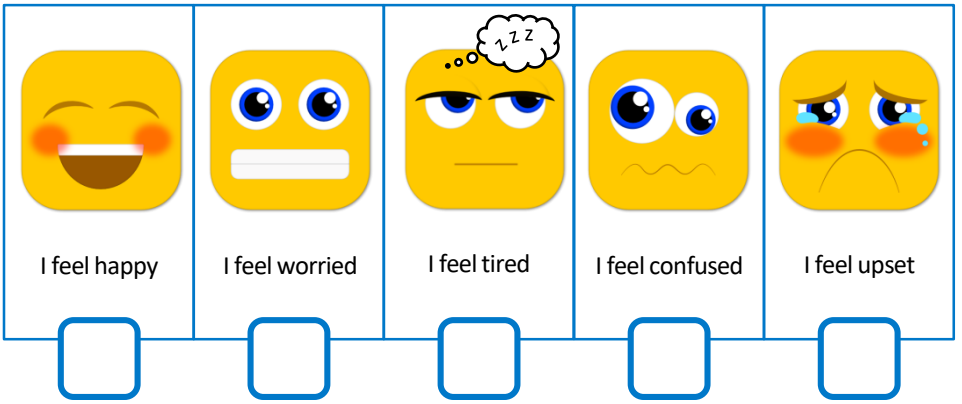
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

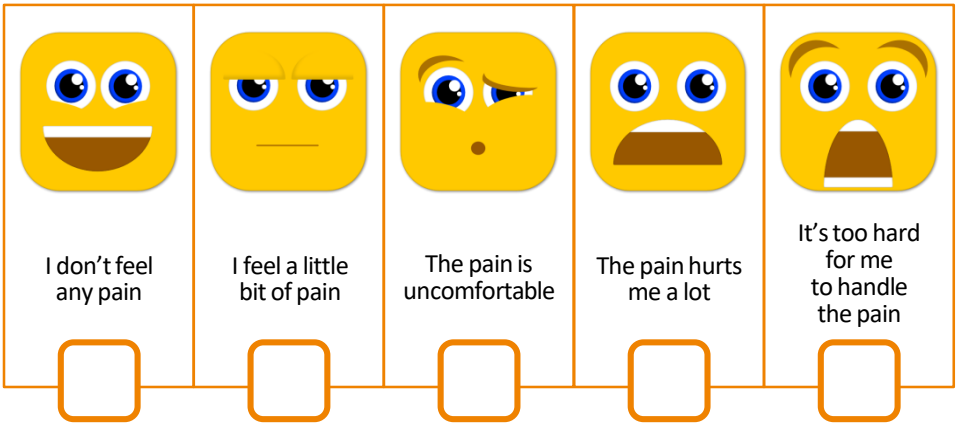


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

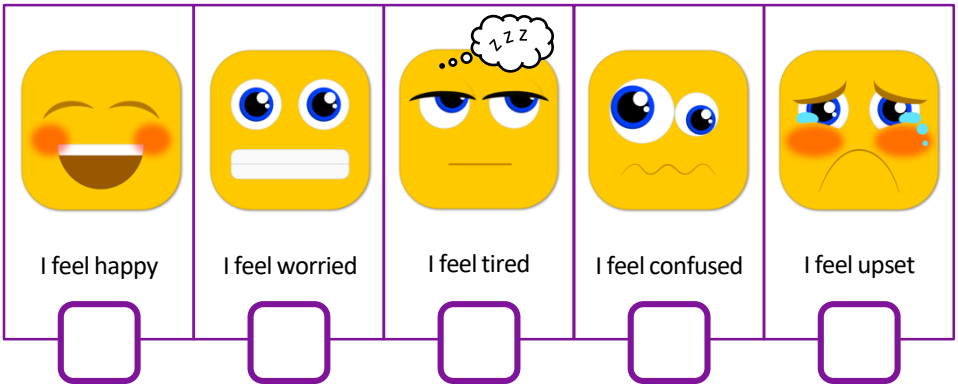
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

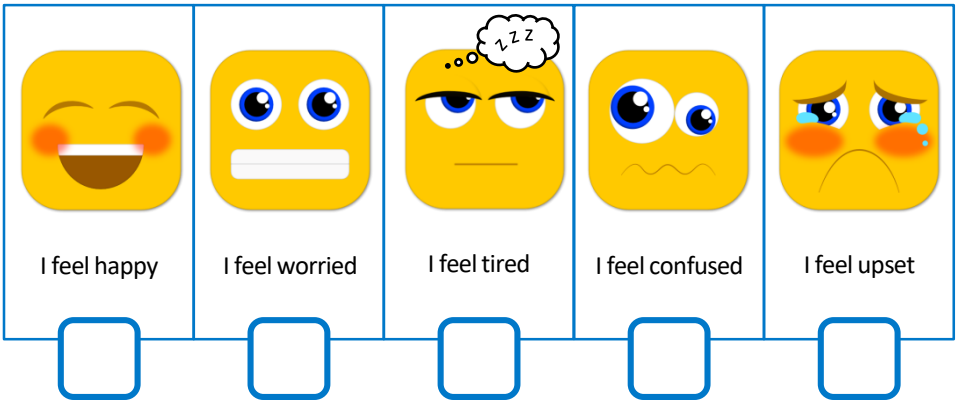
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

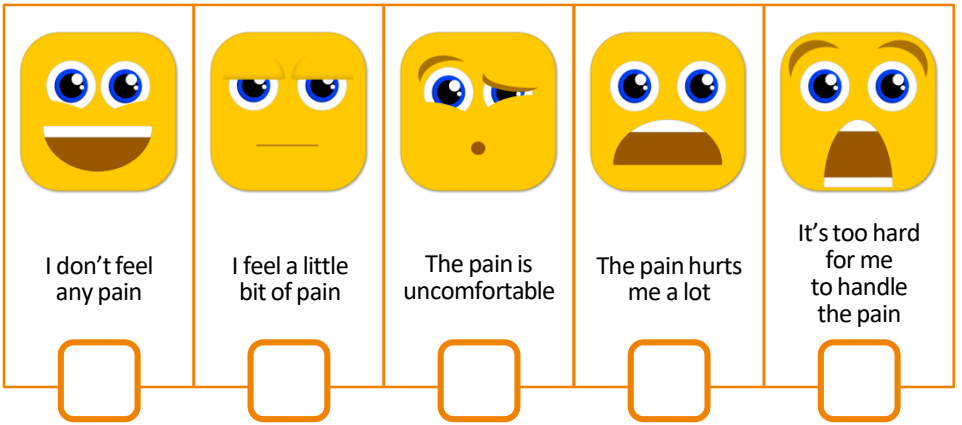


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

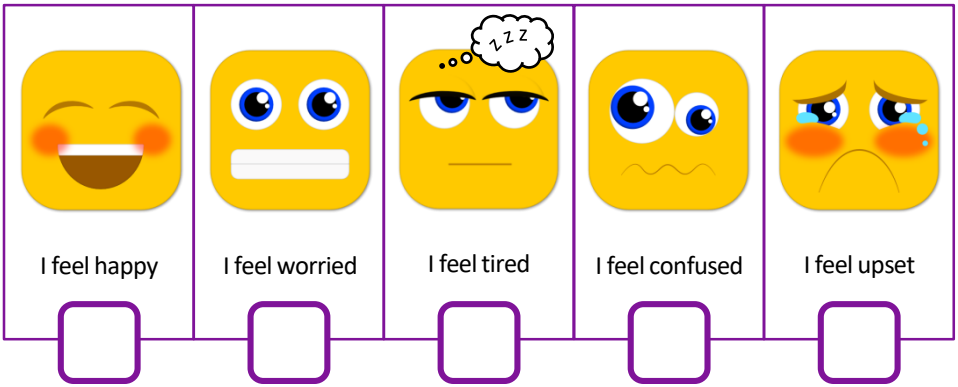
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

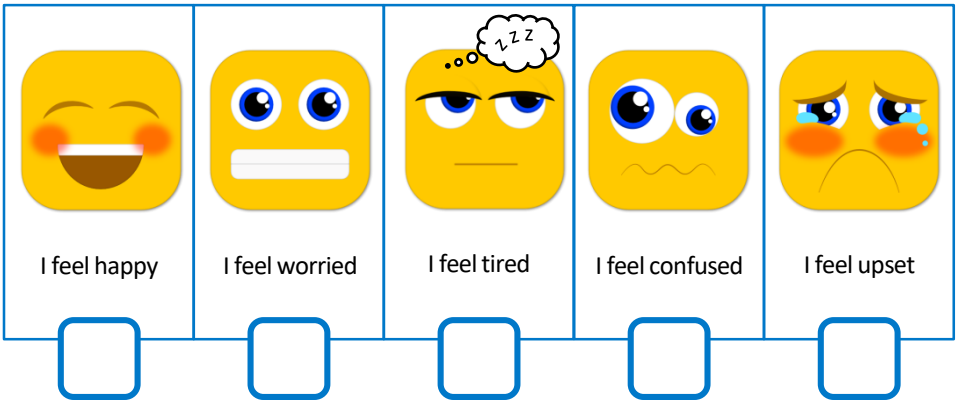
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

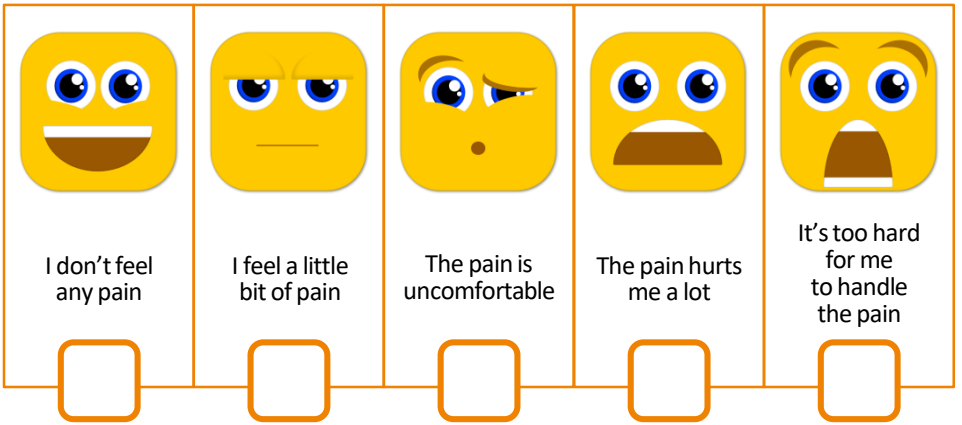


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

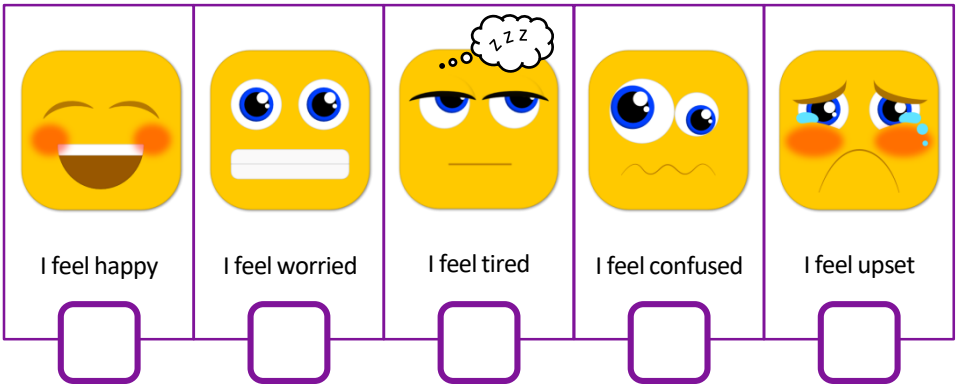
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

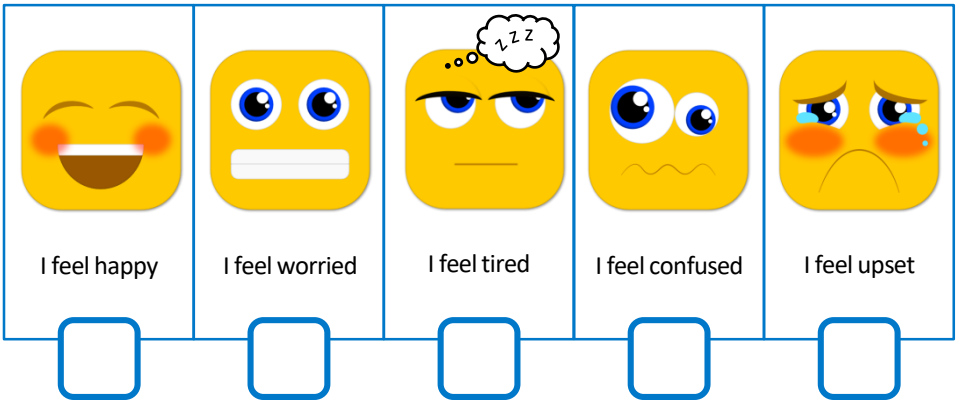
This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.

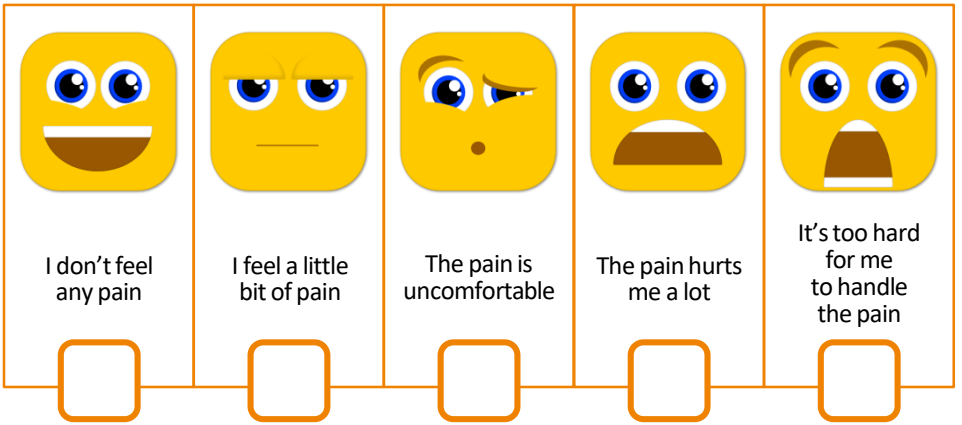


Today is: _____

This is how I am feeling **before** my appointment.




Right now, this is my level of **pain**.




Today, I need help with _____

_____

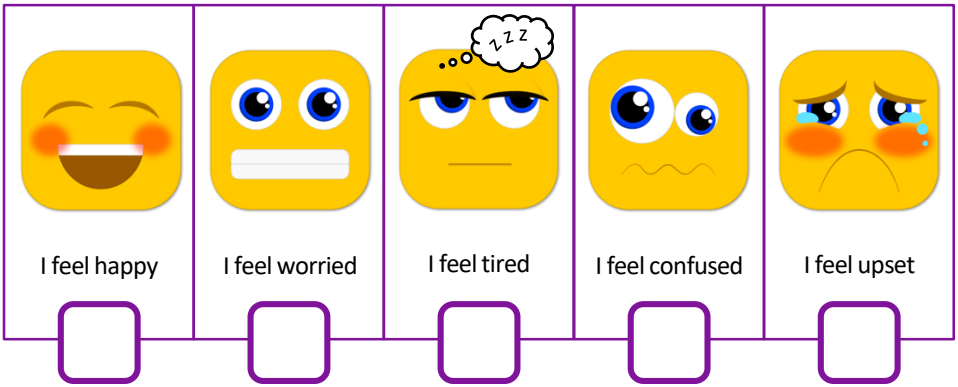
This is how you can help me: _____

_____

This is what happened during my appointment.
( *I can write or draw a picture.* )

This is what the doctor or therapist told me to do.
( *I can write or draw a picture.* )

This is how I am feeling **after** my appointment.



This is a great place to write and draw.

This is a great place to write and draw.

This is a great place to write and draw.

The HOSPITAL and me

Through a partnership
with Kohl's Cares,
Children's Specialized Hospital
is improving access to care for
children with special health care needs.

KOHL'S Cares

The HOSPITAL and me

Discover more resources to support your child

childrens-specialized.org/TheHospitalAndMe

RWJBarnabas HEALTH | Children's Specialized Hospital

RWJBH.org/CSH

1-888-CHILDRENS

© 2020 Children's Specialized Hospital