

# Visiting UPMC Kildare Hospital

A Social Story for Children

---

Featuring Phoenix the  
Teddy Bear

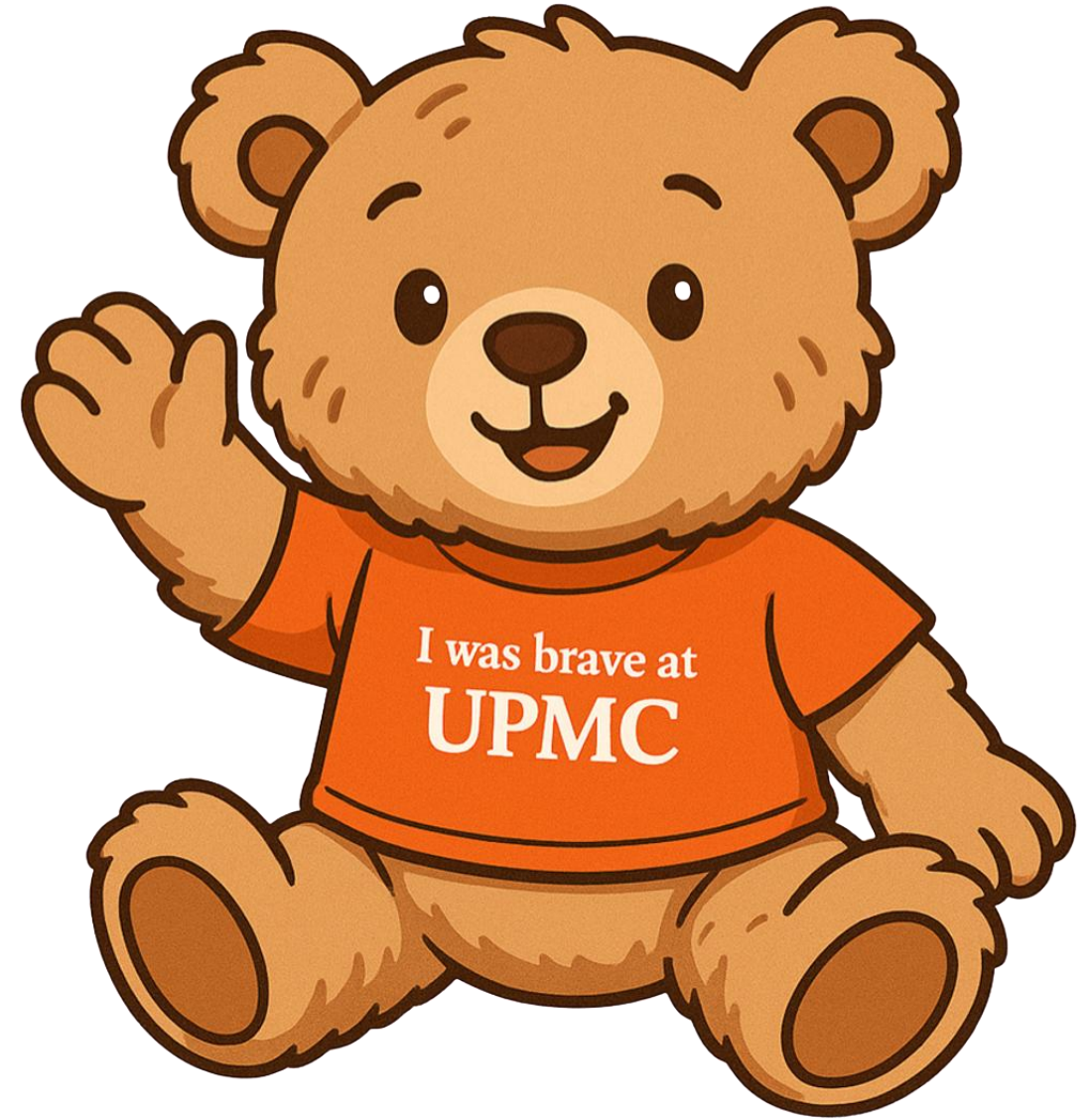


# My Day at the Hospital

---

Hi! I'm Phoenix your brave teddy bear.

I will be with you when you visit the hospital.



# I Am Going to the Hospital

---

I am going to the hospital for a little operation.

This will help my body feel better.

My grown-up will be with me.



# Getting Ready at Home

---

My grown-up will help me get ready.  
I can bring something special, like my favourite small toy or blanket.

I will not eat or drink before my operation.

That keeps me safe.



# Arriving at the Hospital

---

When we get to the hospital, we will say hello at the front desk.

My grown-up will answer some questions.

Then we will go to the waiting area.



# Waiting and Playing

---

I might wait for a little while.

There are fun things to play with—lava tiles, wall toys, and colouring sheets.

I can play while I wait.



# Meeting the Nurse

---

I will meet a kind nurse.

The nurse will put a bracelet with my name on it on my wrist.

They will ask my grown-up some questions.

The nurse helps keep me safe.



# Getting Ready for Surgery

---

I will change into a colourful top.

The nurse might check my temperature and heartbeat.

If I feel nervous, I can hold my grown-up's hand.



# Meeting the Doctor

---

The doctor wears special clothes to keep everything clean.

The doctor will talk to me and my grown-up.

I can ask questions.



# Time for My Operation

---

When it's time, I will go to the operating room.

My grown-up will be asked to put on a funny coat and they will come in with me.

I will meet people with blue pyjamas on and funny hats.

They are kind and will help me.



# Time for My Operation

---

I might breathe sleepy air through a mask, this might smell a bit funny.

Then I will blow into the mask like it is a big balloon. This might make me laugh.

I will not feel anything while I sleep.



# Waking Up

---

When I wake up, a kind person will be with me until I see my grown-up.

I might have a white bandage on my hand. It protects a soft straw or cannula the doctor uses to help me while I am asleep.

We sometimes call this a Freddy.



# Waking Up

---

The nurse will check to make sure I am okay.

I might feel sleepy or thirsty. That's okay.

I might be asked to take some medicine by my nurse.

I will be brought back to the ward to see my grown-up.



# Going Home with Phoenix

---

The nurse will tell me when I can have some jelly and ice cream.

The nurse will gently take the bandage off my hand.

When I am ready to go home, I will get Phoenix the Teddy Bear!

Phoenix reminds me how brave I was.



# Feeling Proud

---

I did a great job at the hospital.

My grown-up and the doctors and nurses are proud of me.

Phoenix and I were brave together!

