

How do I Prepare my other children
for their sibling's Surgery?

- Include siblings in conversations about their brother's/sister's surgery-in words they can understand.
- Make sure your children know why their brother/sister is going to the hospital.
- Make sure brothers and sisters know that some other responsible adult will be caring for them during the time you have to be at the hospital, and that you will come back as soon as possible.
- Try to set aside private time for you and your other children at home so they can get some special attention.
- Read books about going to the hospital with the entire family.
- Give many compliments and hugs. Take extra time to notice good schoolwork or jobs done at home.
- Give the siblings the choice of visiting. If they choose to visit, help psychologically prepare them for what to expect (i.e., sights, sounds, feel). Always consult a Child Life Specialist.

To find out more about pre-operative tours, or to schedule a tour

*Please contact the ***Child Life*** Division at*

718-670-2920

Preparing Siblings

When a Brother/sister is having Surgery.

When your child goes to the hospital, brothers and sisters may feel afraid, worried, or confused. They are often afraid simply because they do not know what to expect, and may imagine the worst. They will also have to deal with being away from one or both parents, missing their brother or sister, or having to stay with other family or friends.

Common feelings of Siblings may include the following:

Being Lonely:

They miss having their brother or sister to play with,
And miss having their parents around to care for them.

Being Left Alone:

If they are not being told about what is happening, siblings may feel like they are not important. They may worry about who will take care of them and may assume their needs will not be met.

Who will feed them? Who will make sure they get to and from school?
Who will make sure they are safe at home.

Jealousy:

Siblings often wish they were the ones getting all the attention or presents from their family and friends, and become resentful of jealous of their brother or sister.

Guilt:

Siblings may feel bad for having mean thoughts about their brother or sister, or may even feel like it is their fault their brother or sister is in the hospital. They might feel guilty for being healthy, when their brother or sister is ill.

Fear:

They may think that they can catch something from their brother or sister. They may even be afraid the sick child will not get well or will not come home.

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