

Appendices - Book List

Specific heart stories

Title	Age	Availability & Price
'Rosie goes red, Violet goes blue'	3-7 year olds	Published by the Children's Heart Federation, available free of charge from CHF or their website www.childrens-heart-fed.org.uk/news/detailcfm?contentid=85
<i>Some parents have had reservations about this book, others have found their young children relating their own experiences to it really well, finding it a useful way to help them to come to terms with breathlessness. It is a very simple message, so is suitable for younger children, and has also been useful for some families to help siblings understand.</i>		
'Operation Fix-it'	7-10 year olds	Published by the British Heart Foundation, available by telephoning 0870 600 6566. Free of charge, but a donation is suggested where possible.
<i>Although it is aimed at 7-10 year olds, some children will find this helpful after their Fontan, as they will be familiar with the hospital environment so will find it completely accessible.</i>		

Your child may have a favourite character amongst the titles listed below - if so, it might be worth trying to source one of these books, either buy it eg from Amazon, or ask your local library to source it for you.

- A Trip to the Hospital (Little Bill), £2
- Kevin goes to Hospital, £5 (hardback), ages 5-8 years.
- Franklin goes to the Hospital (this is Franklin the tortoise from Channel 5's Milkshake), £3.
- I don't want to go to Hospital (a Little Princess story), £5.
- Paddington Goes to Hospital, ages 4-7 years, currently out of print.

Appendices - Toy List

Children under 2		
Happyland Doctors Surgery	£15	18 months +
Toy Ambulances	Variable price, but often come as part of a set of emergency vehicles.	Popular from quite a young age
Children aged 3 upwards		
Toy medical kits (various available)	<ul style="list-style-type: none"> • ELC medical case £15 • ToysRUs kit £10 • Most large supermarkets eg Asda, Tesco have fairly inexpensive kits. 	Age approx 3 years. A really important toy, which you can supplement with a few real bits and pieces such as medicine syringes and spoons.
Thomas & Friends Rescue Hospital	Around £30	Ages 3-8 years. Train fans might like this one, it includes a helicopter and an ambulance.
Play-doh operation set	£10	Based on the older children's board game.
'Get Well Gabrielle' doll.	Argos, around £15	The doll comes with doctor's accessories to make her better.
Fuzzy Felt playscenes hospital set	Available from ToysRUs and a couple of Ebay shops for around £5 plus postage.	Ages 3-6 years.
Children aged 4 upwards		
Playmobil have a complete 'Hospital' series.	<ul style="list-style-type: none"> • Hospital (approx £100) • Hospital Room (approx £6) • Ambulance (approx £20) • Medical 'Copter (approx £20) • Paediatrician (£5) • Doctor with Incubator (£4) Limited availability in mainstream toy shops, but they are available via the Playmobil website (www.playmobile.co.uk) beware of the delivery charge on small orders.	These are excellent toys with lots of detailed pieces of equipment. The Hospital looks fantastic, but isn't cheap! Paediatrician/Doctor with Incubator might be useful for older siblings of a new baby with heart problems.

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Doctor, Doctor game	Asda, around £5	Based on the 'Operation' game.
Children aged 5 upwards		
Lego sets	<ul style="list-style-type: none"> • Lego City Hospital (£30) • Lego City ambulance (£6) 	Both 5 years plus
Older children / Various Ages		
MB Games still produce the game Operation.	Around £9-10	Suitable for ages six and above.
4 Dimensional puzzle model hearts.	£6.99 each Can be purchased from www.mindwareonline.co.uk	These are recommended for children aged 8 upwards, but could be appropriate for our children from a younger age, as they try to understand how their heart works.
Many children find dressing up helpful - role play is highly recommended by play specialists.	ELC do a doctor's and a nurse's outfit for £10 each, these are said to be suitable for ages 3-6. ToysRUs have a nurse's outfit for £12	Improvise to make surgeon's tools - eg use your Bob the Builder tools!

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General hospital books

Title	Age	Availability & Price
'Miffy in Hospital' by Dick Bruna.	2-3 year olds	£3.99 or as part of a Miffy boxed set
<i>A very simple book, suitable for preschool children, written in rhyming form. Despite its simplicity, it does cover some of the main issues, eg can mum come too, will it hurt, etc.</i>		
'Talkabout Hospital' by Ladybird.	2-5 year olds	Out of print, so only available second hand or in some hospital play libraries. You could also try Ebay or your local library.
<i>Great for preschool children, so it may be worth persevering to get hold of a copy.</i>		
'Topsy and Tim go to Hospital' by Jean and Gareth Adamson.	3-5 year olds	£2.50
<i>A simple story, suitable for our younger children. Tim goes to hospital because he's bumped his head. By the end of the story, Topsy wants to go too - all of Tim's fears have been allayed. Although the only actual medical event is an x-ray, the story is nicely written, and finishes with a lovely scene where Topsy and Tim have recreated their own children's hospital for their toys.</i>		
'Going to the Hospital' by Anne Civardi and Stephen Cartwright	3-5 year olds	Usborne published book - part of their 'First Experiences' series, £3.99 or £1.50 depending on format.
<i>This gives a clear and easy to understand overview of some of the procedures in hospital and has a useful role to play, but, in common with most books, describes a simple hospital admission (ear operation). Many children have Usborne books in school, so are familiar with the layout, approach and looking for the little ducks on each page. It is also part of a series which children may have come across, which includes titles such as 'Going to School', 'The New Baby', etc</i>		
'Do I have to go to the Hospital?' (A first look at going to hospital) by Pat Thomas and Lesley Harker	3-8 year olds	Around £7 (paperback), £8 (hardback)
<i>This is a factual book, with discussion boxes throughout to help adults encourage children to express their feelings. It has a nice modern feel, and has helpful notes at the</i>		

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<i>end which tie in with the approach recommended by LHM and by play therapy departments. The focus of the text is talking about how the child feels about a possible hospital stay, and the pictures offer plenty of opportunities to talk about events in hospital.</i>		
'Hospital' by John Colerne.	4-8 year olds	From the 'People and Places' series. Out of print.
<i>This seems quite old-fashioned (published in 1987) and adds little to the other books listed, except it shows a picture of an operation and of a hospital laboratory, so could be worth borrowing from a library if you have a budding scientist!</i>		
'Curious George goes to Hospital' by M. Rey.	4-8 year olds	Around £8 (hardback), £5 (paperback)
<i>Since the release of the Curious George film, young children will probably enjoy this book, despite it having been written many years ago. Some of our young characters will particularly enjoy relating to George's mischievous antics.</i>		
'Hospital' by Althea	4-8 year olds	From the 'Talking it Through' series. Around £5 (paperback), £10 (hardback)
<i>This book covers many different reasons children could be in hospital and covers lots of the different procedures which are applicable to our children - one unusual aspect is that it actually includes a picture of a saturations monitor (although it shows sats of 98%), however the insistence that blood tests doesn't hurt needs to be handled sensitively.</i>		
'The Children's Hospital' by Sue Barraclough	4-8 year olds	From the 'Out and About' series. Around £12
<i>May only be available from a library, but is worth noting as it has a double page spread on heart tests which could help you discuss the types of things which will happen when your child is first admitted to hospital.</i>		
'At the Hospital' by Deborah Chancellor	5-8 year olds +	From the 'People who help us' series. Around £6 (paperback), £11 (hardback).
<i>This is nice for a child with an enquiring mind who wants to understand more about who does what in the hospital environment. Even though it is intended for older children, some three to four-year olds who love asking 'why' might quite enjoy this.</i>		

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'Hospital' by Janine Amos	5-10 year olds	From the 'Separations' series. Around £5
<i>This contains lots of different approaches to the topic eg letters from children, short stories, text about feelings and practical tips for children to help themselves such as hospital diaries. Given the different approaches and the breadth of coverage, this could be suitable for up to ten year olds.</i>		
'See Inside your Body' by Kate Daynes & Colin King	5-10 year olds	An Usborne lift the flap book, £9
<i>This has a couple of lovely spreads on breathing and circulation, one of which is great for explaining what happens in a Fontan operation.</i>		