



## Child Life Program at *GBMC*

### Making the Hospital Less Scary for Kids and Families

Certified Child Life Specialists are trained professionals who help children and families cope with illness, injury and hospitalization. **They help children and families prepare for medical procedures and surgeries**, explore (non-pharmacological) pain management techniques, and identify coping strategies. In addition to directly supporting the hospitalized child, child life specialists may aid the family through **sibling preparation** and support and provide opportunities for parent guidance. The Child Life Program can also assist you with surgeries taking place at other hospitals.

#### • • • • Caring for Our • • • • Youngest Patients

To find out how a Child Life Specialist  
might help your family, contact:  
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