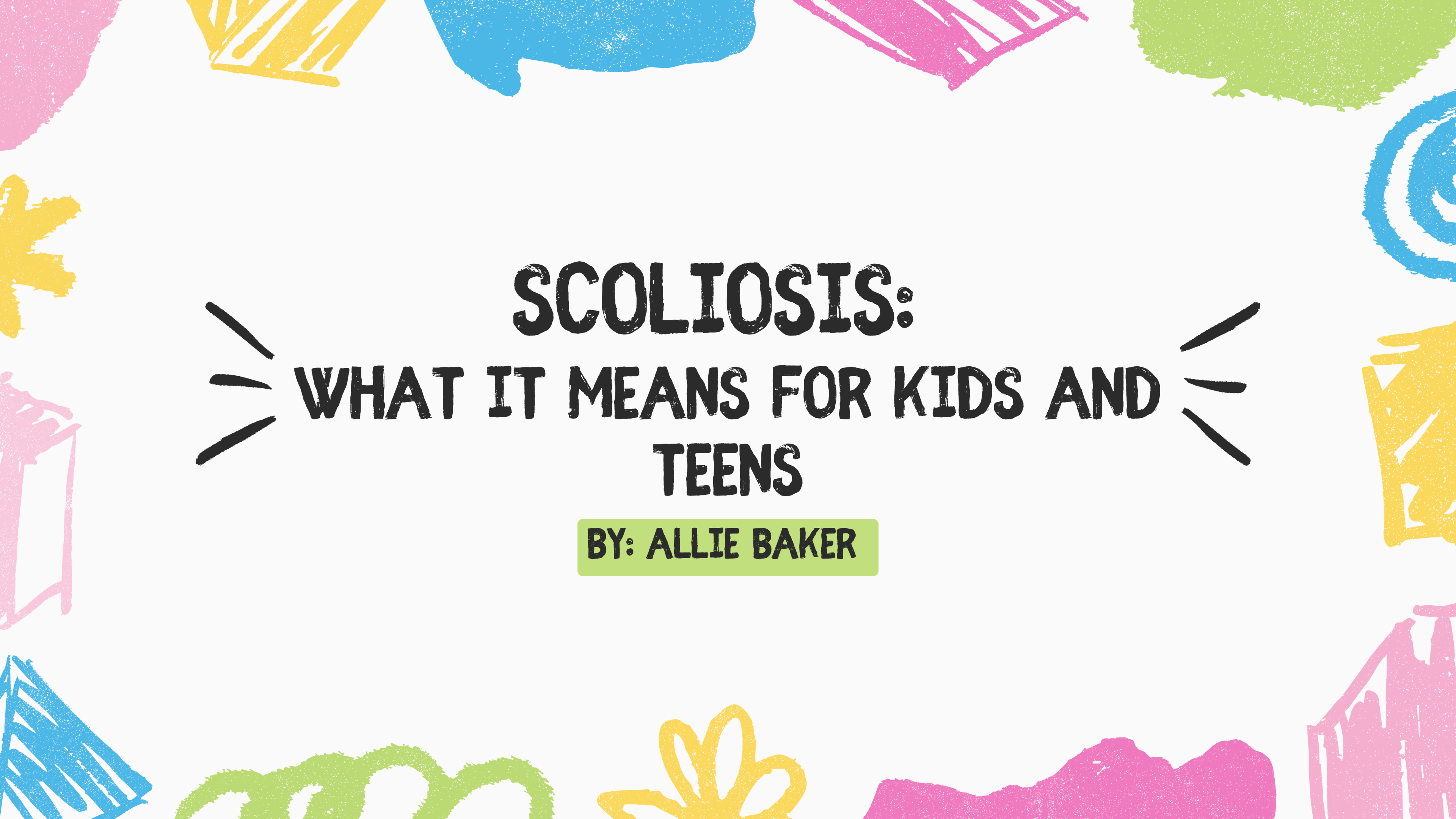




SCOLIOSIS: WHAT IT MEANS FOR KIDS AND TEENS

BY: ALLIE BAKER



WHAT IS A CHILD LIFE SPECIALIST?

WE HAVE MANY DIFFERENT ROLES:

Preparation and Education

Child life specialists explain hospital visits and procedures, in simple, ways, so kids and teens understand and know what to expect.

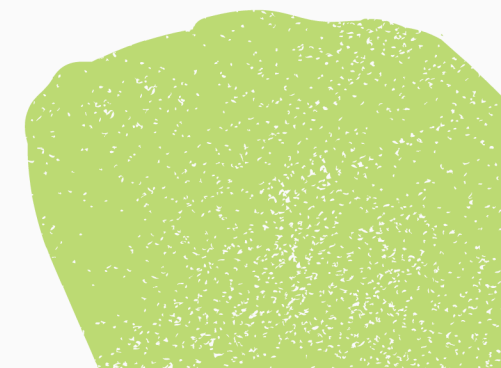
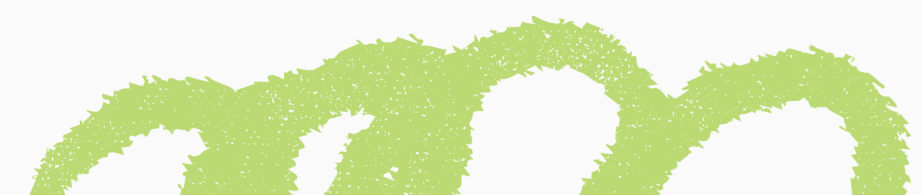
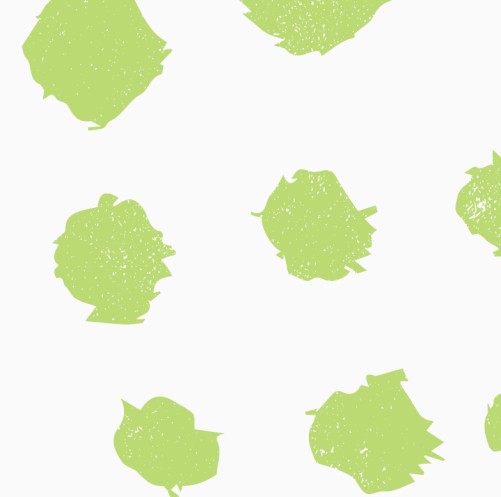
Comfort and Coping

We help kids and teens stay calm and brave using tools like, books, iPads, or stress balls, during hard procedures or conversations

Emotional Support and Normalcy

We listen to kids and teen who are feeling worried, sad, or frustrated and bring normal activities like crafts, games, and fun in the hospital to make them feel more comfortable



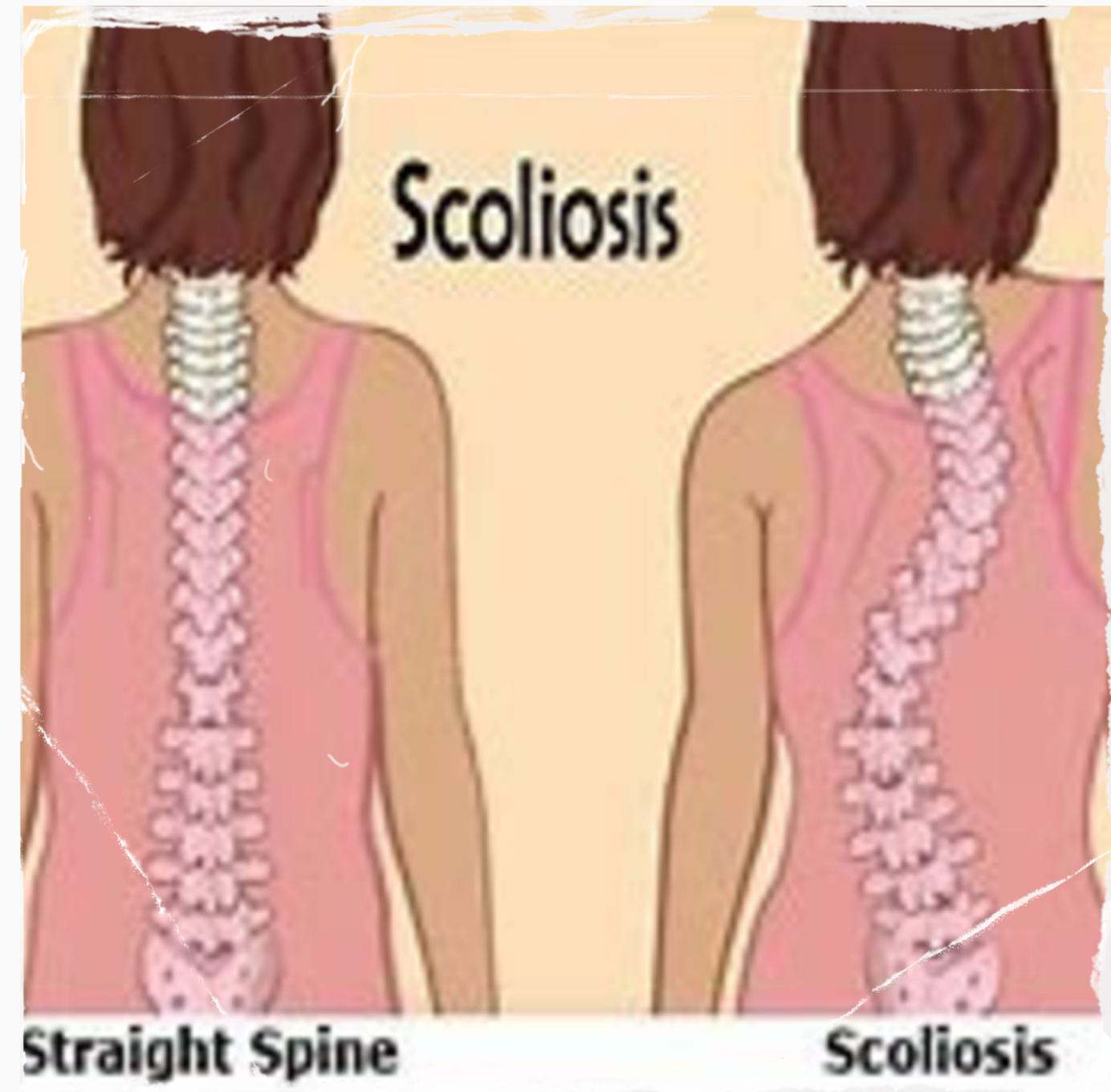


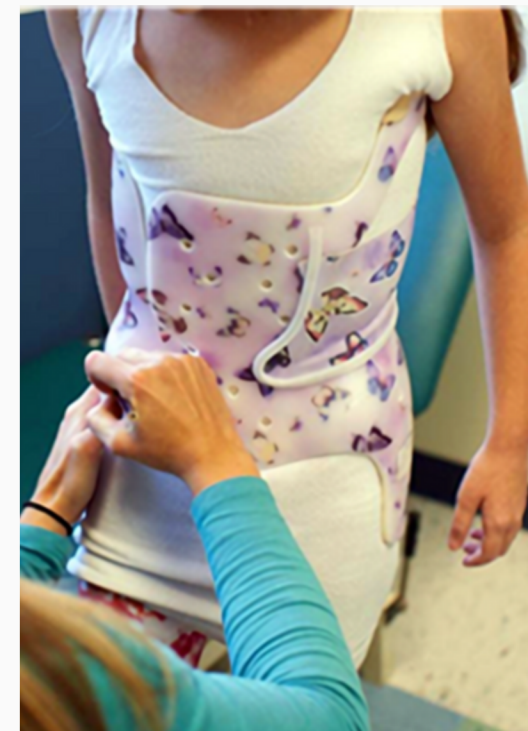
HOW DO YOU BECOME A CHILD LIFE SPECIALIST?

- College degree (child development, psychology, or family studies)
- Hands-on-training in hospitals (Internships and Practicums)
- Graduate school (optional)
- Certification Exam

SCOLIOSIS

- Scoliosis is when a person's spine has an "S" or "C" curve instead of being straight.
- Some kids are born with it while others develop it as they grow.
- Small curves are watched by the doctor through check-ups and x-rays.
- Curves that get bigger may require a back brace or surgery.
- People with scoliosis can still participate in everyday activities!





HOW CHILD LIFE HELPS KIDS WITH SCOLIOSIS

- Educate kids and teens about scoliosis
- Prepare for x-ray exams, back braces, or surgery
- Teach coping skills like deep breathing exercises, using stress balls or distraction tools
- Provide emotional support by listening and providing a safe space for kids and teens to share their feelings.
- Encourage normalcy, by providing fun activities like decorating patients' back braces.

WHERE TO FIND US:

Different areas of the hospital:

If you're having a procedure, surgery and feel nervous or scared, you can ask to call child life for support!

MAKE IT YOUR OWN!

DECORATE YOUR PRETEND BRACE

The background features various colorful abstract shapes and patterns in the corners: a pink shape at top-left, a yellow striped shape at top-left, a blue shape at top-center, a pink striped shape at top-right, a green shape at top-right, a blue spiral at top-right, a yellow star at middle-left, a pink shape at middle-left, a yellow shape at middle-right, a pink shape at bottom-right, a pink shape at bottom-right, a green shape at bottom-center, a yellow flower at bottom-center, a pink shape at bottom-center, and a blue striped shape at bottom-left.

QUESTIONS?