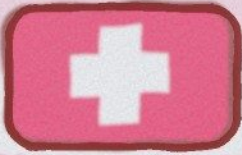


# Rory's ICU Word Book

Big hospital words, made small.



## ICU

Short for Intensive Care Unit. It is the part of the hospital where nurses and doctors watch patients very closely.



## Monitor (like Beepy!)

A screen that shows a heartbeat and breathing. Its beeps help the nurses know what is going on.



## IV

A tiny, soft tube that gives medicine and water right into the body. It is taped on so it stays put.



## Ventilator

A machine that helps a person breathe through a soft tube. It does the hard work so the body can rest and heal.



# All Feelings Are Okay

Rory felt lots of different ways at the hospital. Which ones have you felt?



Scared



Sad



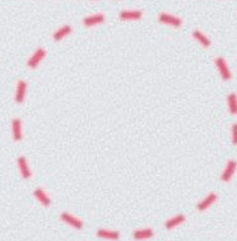
Grumpy



Hopeful

How do you feel today?

Draw your face in the circle.



# Ways to Be Brave Like Rory

You don't need big arms to help someone you love.



## Make a card

A drawing can stay by the bed even when you can't.



## Read or tell a joke

Even sleepy patients can often hear a quiet, friendly voice.



## Ask questions

Nurses are happy to explain what the machines and tubes are for.



## Take a break

It is okay to step out for a snack or a hug from a grown-up.



# Questions I Can Ask

Nurses love questions. Here are some to get you started.

What does this machine do?

Can I hold their hand?

Can they hear me when they're sleeping?

When can they come home?

My own question:



# I spy in the ICU

Can you find all six things in Grandpa's room? Circle each one!



Beepy



Lucky sock



Peeking Pip



Letter jar



Joke book

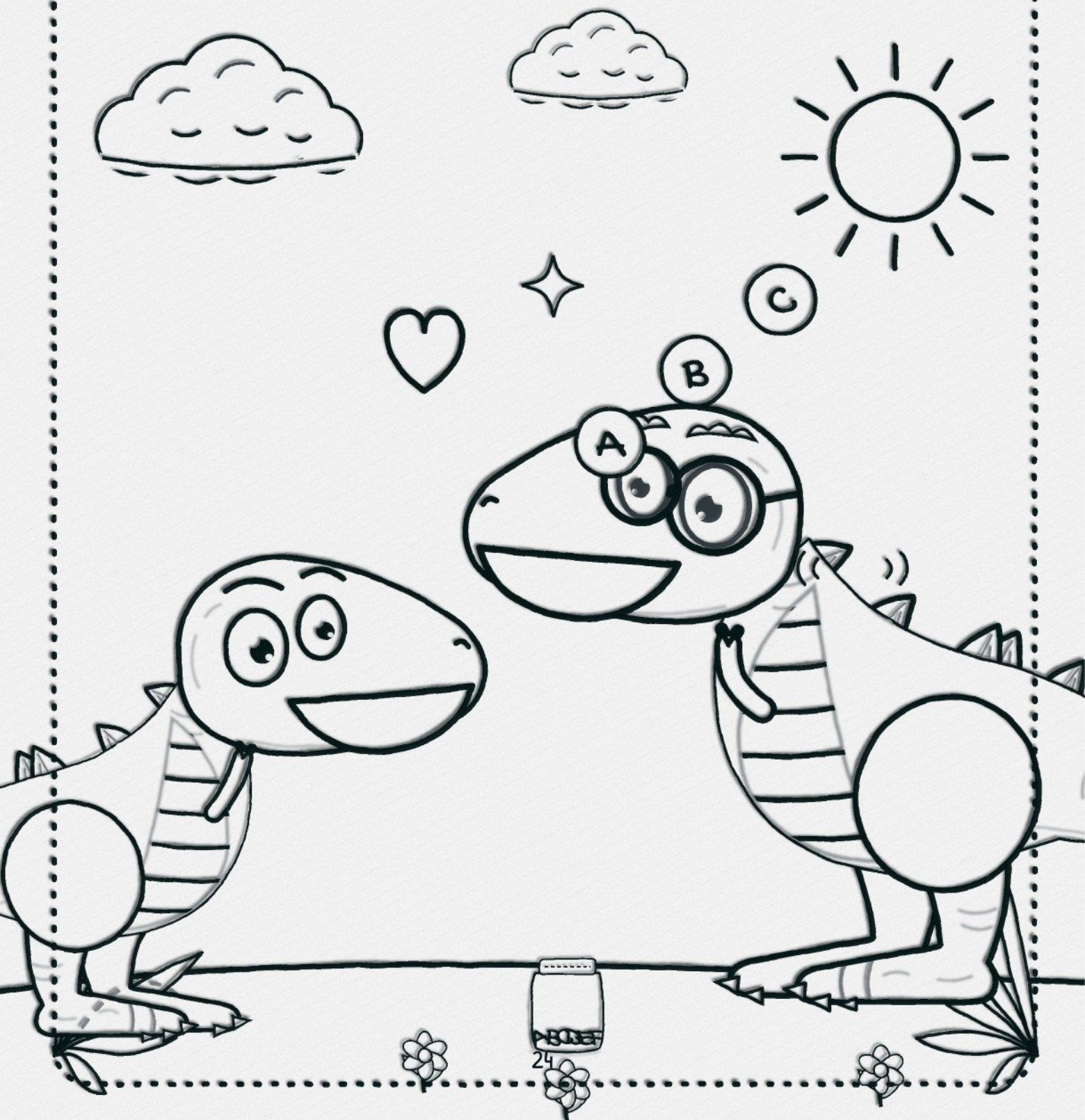


Trixie's mug



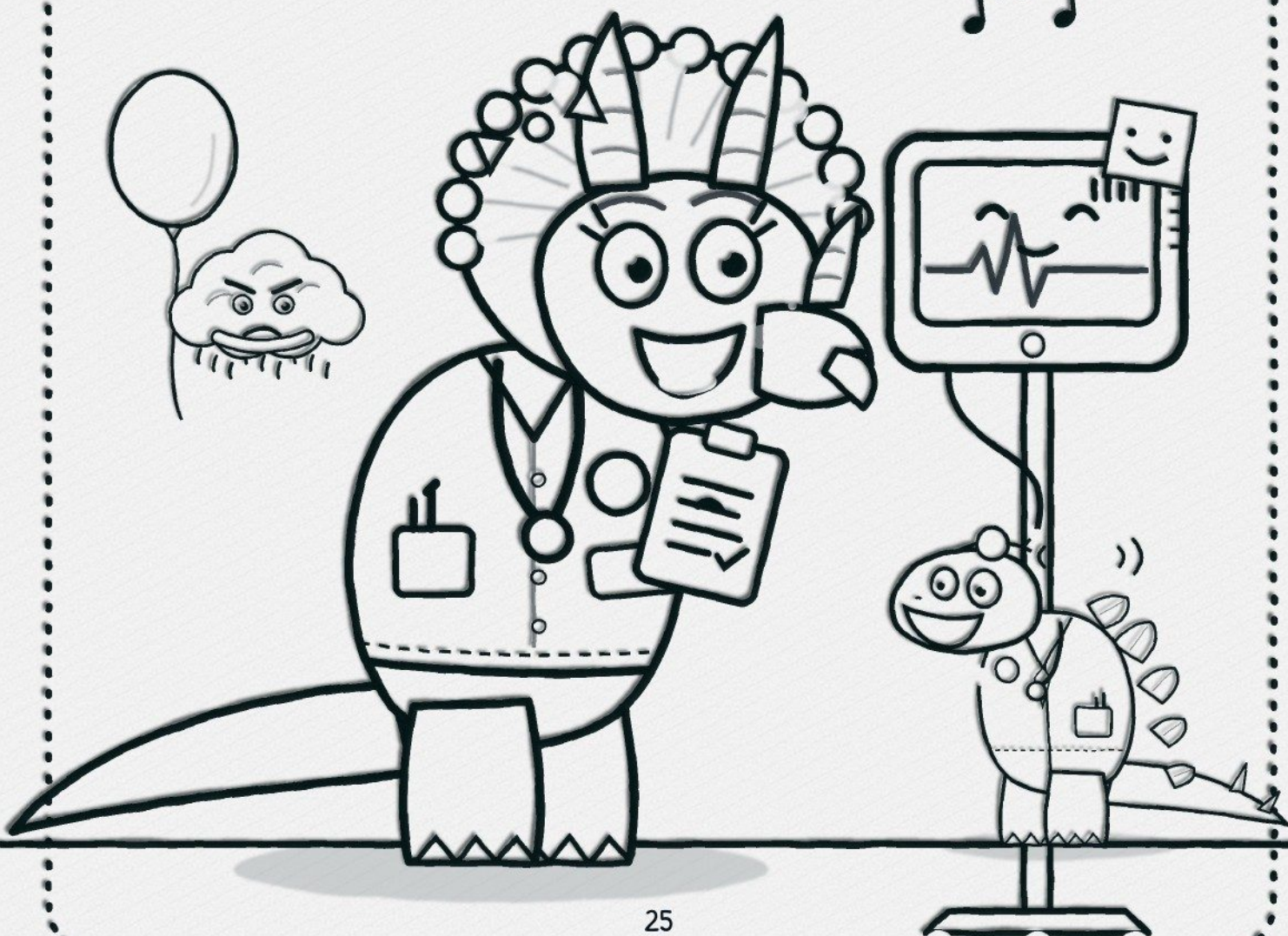
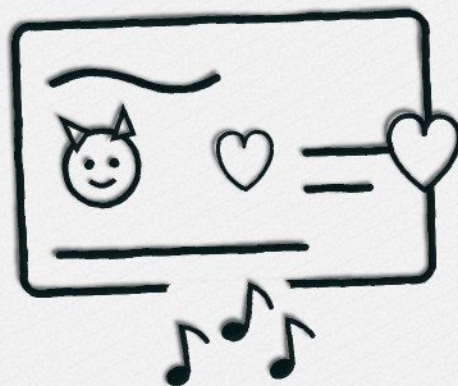
# Color Rory and Grandpa!

Use any colors you like. A purple Grandpa? Sure!



# Color Nurse Trixie and Beepy!

What color should Trixie's scrubs be? You get to pick!



# My Visit Journal



Write or draw about your visit. A grown-up can help with the words.



Today is:

\_\_\_\_\_

I visited:

\_\_\_\_\_

Something I  
saw:

\_\_\_\_\_

Today I felt:

(circle one)



happy



okay



worried



sad

Draw your visit:



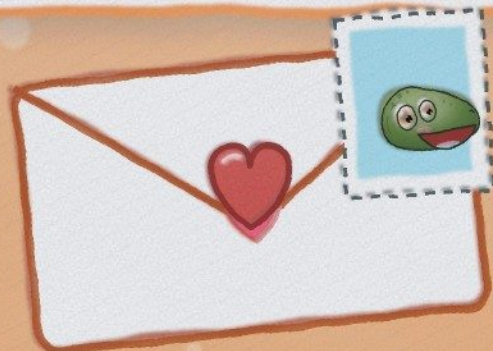
# A Letter to Someone I Love

Tell them about your day, a joke, or how much you miss them.

Dear \_\_\_\_\_,

Handwriting practice lines for the letter body.

Love, \_\_\_\_\_



# Make a Get-Well Card

Draw a picture for someone you love. Burps are optional.



fold here



To: \_\_\_\_\_

From: \_\_\_\_\_

# Shrink a worry

Grumblegloom hates questions. Try it yourself.



A worry I have:

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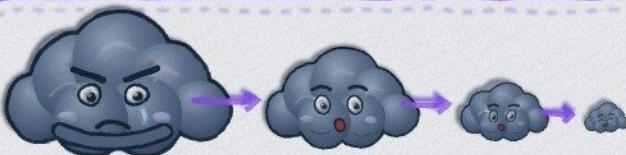


A question I could ask:

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Every answer makes it smaller.

# Notes and Doodles

Write things you want to remember, or doodle whatever you like. Grown-ups can use this page too!



# Certificate of Bravery



This certifies that

\_\_\_\_\_ was super brave at the hospital, even when things felt big and scary.



\_\_\_\_\_  
Signed by a nurse or grown-up

\_\_\_\_\_  
Date

# A Note for Grown-Ups

Helping a child through a loved one's ICU stay

## 1 Use simple, honest words.

Children fill in missing pieces with their imagination, which is often scarier than the truth. A short, true explanation helps.

## 2 Prepare them for what they will see.

Before the visit, describe the machines and tubes, and let them know the room may beep. If their loved one looks very different, say so ahead of time.

## 3 Let them choose.

Some kids want to visit and some don't. Never force a visit. A card or drawing is a lovely way to be there, too.

## 4 Bring comfort from home.

A favorite toy or book helps children relax and show how they feel.

## 5 Ask the care team for help.

The bedside nurse or a child life specialist can help you find the right words and the best time to visit.

## 6 Take care of yourself, too.

Kids notice how the grown-ups around them are doing. It is okay to rest and to ask for support.

