

AN IN THEIR CORNER BOOK



Rory's Brave Hospital Visit

Preparing young children to see
a loved one in intensive care

Written by Caroline Woram

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When Grandpa Rex stops at the letter C, a grumpy little cloud named Grumblegloom moves in. It follows Rory all the way to the hospital and grows with every worry. With a jar of letters, a lucky sock and a few good questions, Rory finds out that worries can come along, but they don't get to drive.



An In Their Corner Book



Dear Reader,

Thank you for reading *Rory's Brave Hospital Visit*. In Their Corner's mission is to help kids and families feel *less alone* when someone they love is in the ICU.

Please *share this book* with a family who needs it, and visit intheircornerproject.org for free printable pages.



For every kid who has waited outside an ICU room, and for the nurses who always save them a seat.

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Reviewed by: _____

Special thanks to the ICU nurses at Mount Sinai South Nassau and the In Their Corner Family Advisory Board.

This book is meant to comfort and teach. It is not medical advice. Please talk with your loved one's care team about any questions.

Every Saturday, Rory and Grandpa Rex played the **Burp Alphabet**. Grandpa burped the letters, A to Z, and Rory caught every one in his jar. Rory had the **tiniest** arms in Dino Valley, but he never missed a letter.



One rainy Saturday, Grandpa only got to C. Then he stopped and closed his eyes. A small gray cloud slipped in through the window and settled on the lamp. "I'm Grumblegloom," it muttered. "I'll be staying."



WEE-OOO! An ambulance took Grandpa away, lucky sock and all. Pip
flew beside it the whole way. Rory held the jar. Mama held Rory.
Grumblegloom rode on the roof, and it **grew**.



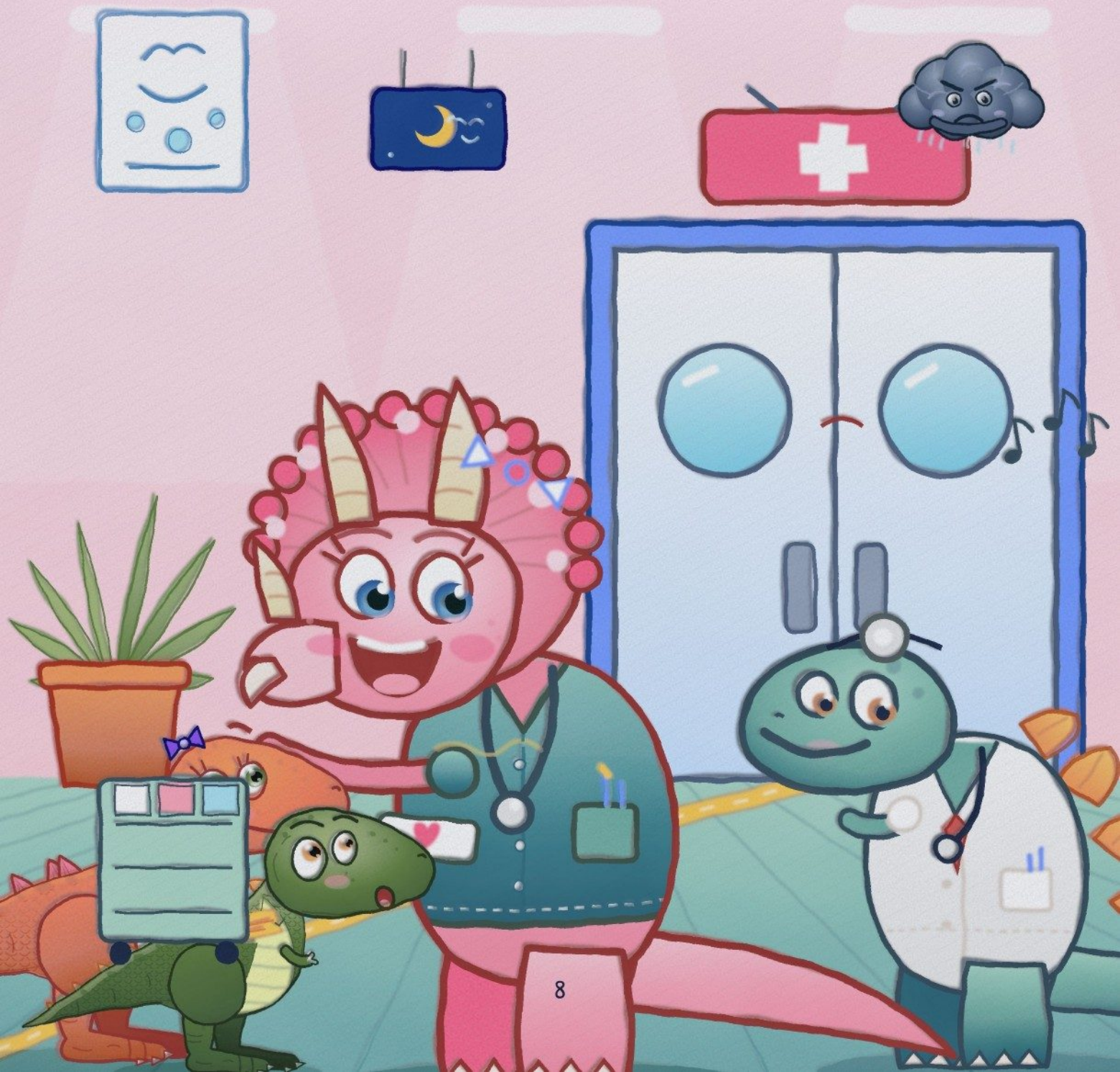
At the hospital, a **yellow line** on the floor showed the way. Rory got a sticker that said VISITOR. Then they waited. And waited. Grumblegloom grew with every tick of the clock, until a fish in the tank made a face at it.



Before anyone could go in, everyone washed their claws. Rory's tiny arms could not reach the soap. "You'll never reach," said Grumblegloom. Mama gave Rory a lift, and SPLISH. Squeaky clean.



Behind the big doors were **Nurse Trixie**, who had three horns and the biggest smile, and **Dr. Stegs**, who hummed while he worked. "Grandpa is sleeping a lot right now," said Trixie. "That's his job. Your job is to visit."



Grandpa's room blinked and beeped. "Those beeps mean **trouble!**" boomed Grumblegloom. The little screen by the bed gave Rory a wink. Rory decided to call it **Beepy**. Beepy only beeped when Grandpa's heart said hello.



Grandpa had a tube that did his breathing for him, so his body could rest. He looked different. Rory's tummy went wobbly. Then he saw it, red and white, poking out of the blanket. The lucky sock.



Grumblegloom swelled into a thunderstorm. Rory hid behind the curtain. **Mostly**. Tails are very hard to hide.



"On my first day, I hid behind that same curtain," whispered Nurse Trixie.
"Then I learned a trick. Big worries **hate questions**." So Rory asked one.
Then another. Every answer made Grumblegloom a little smaller.



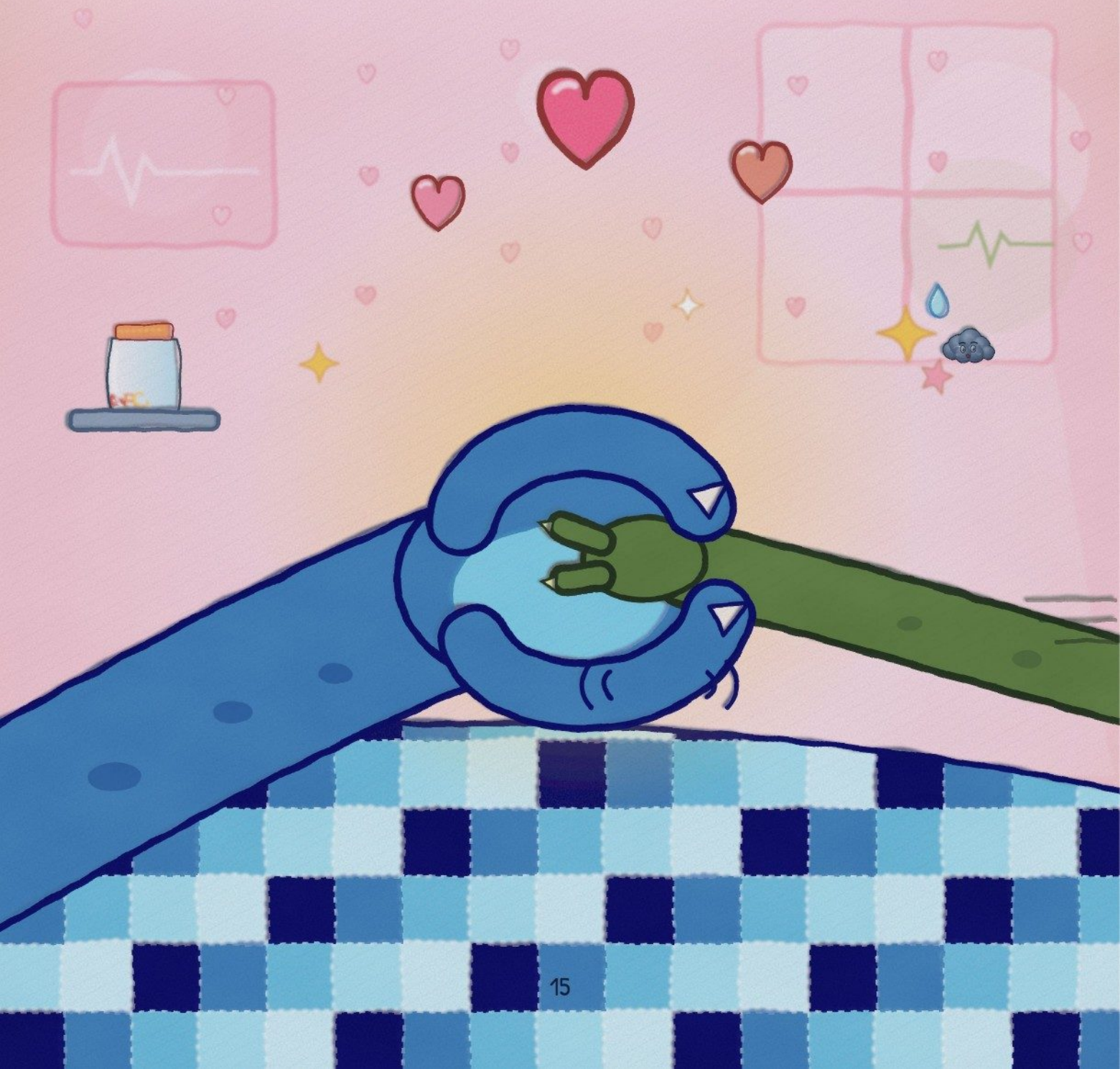
Rory drew Grandpa a card. Holding a crayon with tiny arms took all afternoon. Grumblegloom tried to rain on it. Pip popped open an umbrella. "Nice try," said Rory.



"What do you call a sleeping dinosaur?" Rory read. "A **dino-SNORE!**" Grandpa didn't laugh. But Beepy blinked, Trixie's horns wobbled, and Grumblegloom giggled before it could stop itself.



Rory slipped his claw into Grandpa's big one. And then... a **tiny squeeze** back. It turned out tiny arms were exactly the right size. Grumblegloom shrank to the size of a jelly bean.



Days went by. One morning, Dr. Stegs took the tube away. Grandpa took a deep breath and burped the smallest "a" in the world. Rory dropped it in the jar. One letter. A very good start.



When Grandpa came home, Grumblegloom was small enough to ride on the tip of Rory's nose. "Worries can come along," said Grandpa. "They just don't get to drive."



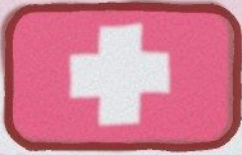
That night, Grandpa burped all the way from A to Z. Rory caught every single letter. The jar was full, and the cloud was gone.

The End



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



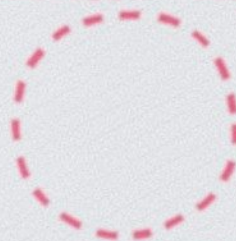
Grumpy



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

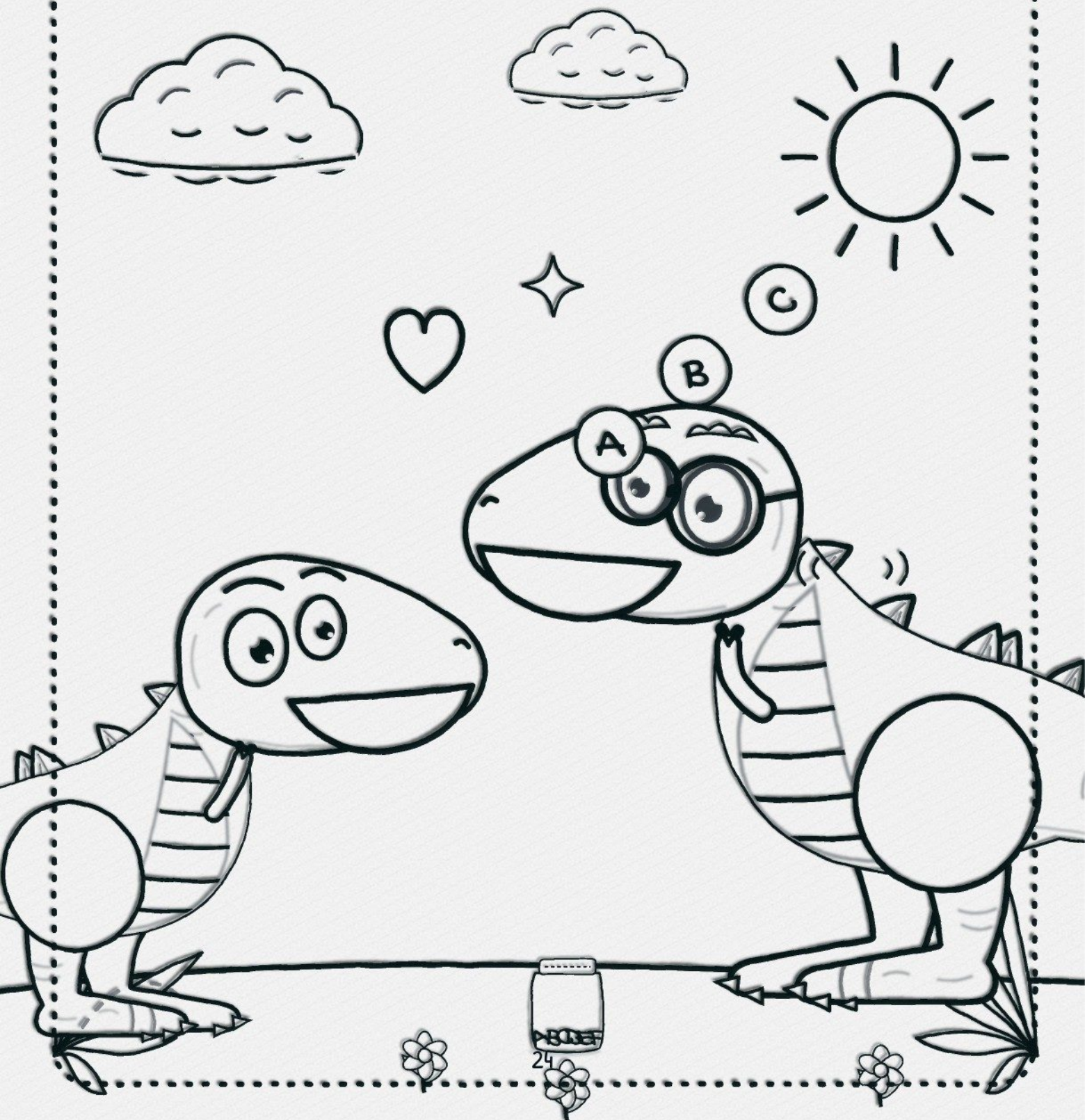


Trixie's mug



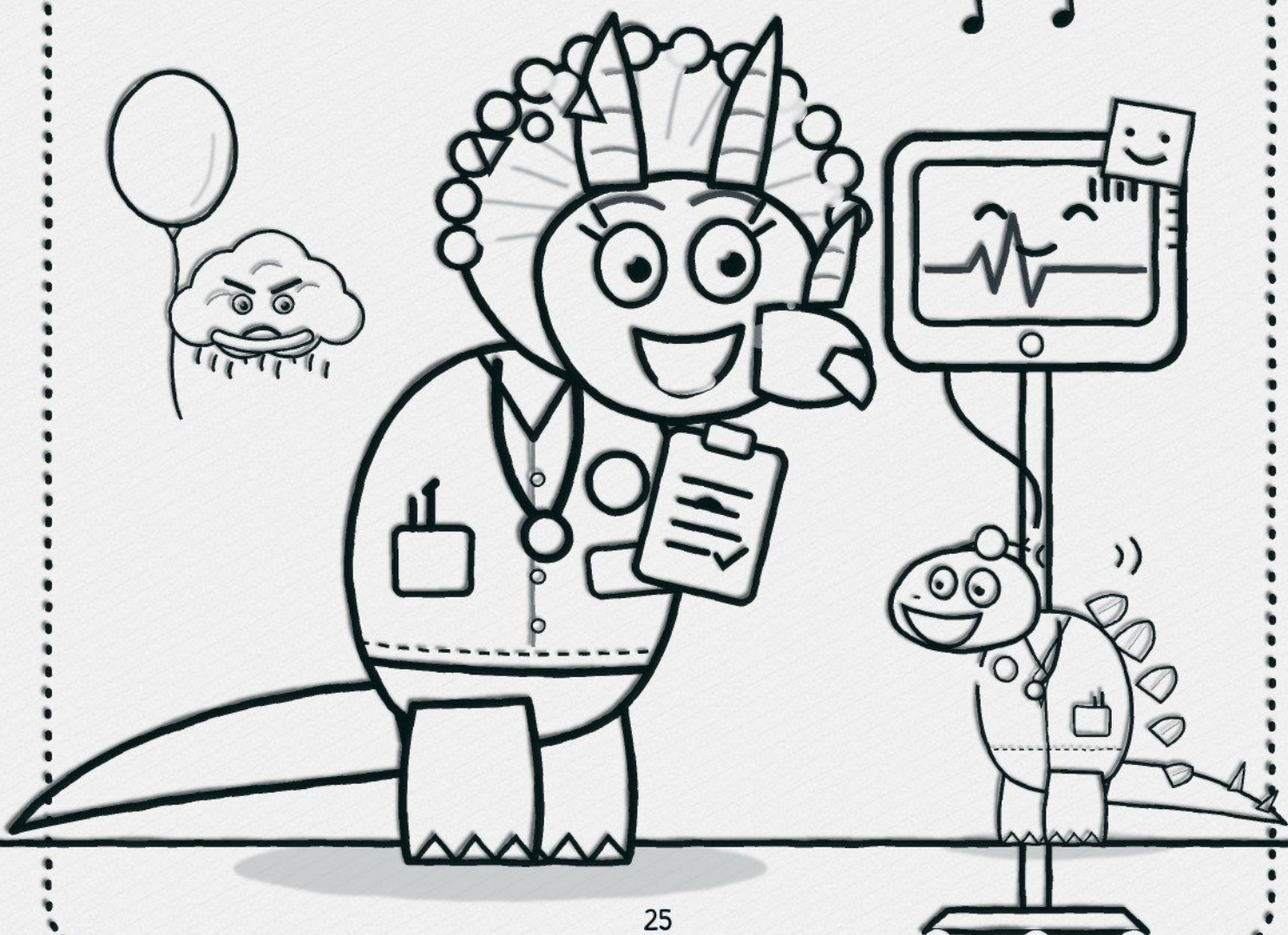
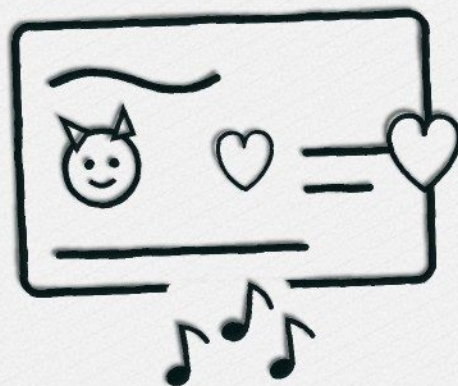
Color Rory and Grandpa!

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:



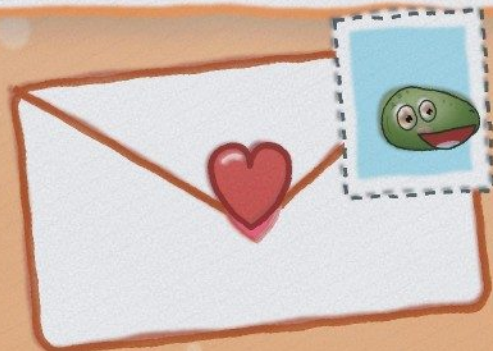
A Letter to Someone I Love

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

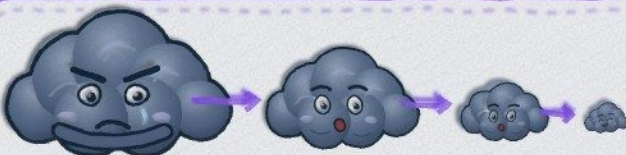
Grumblegloom hates questions. Try it yourself.



A worry I have:



A question I could ask:



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.

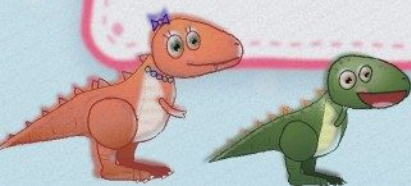
A favorite toy or book helps children relax and show how they feel.

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.



Meet the Author!

Caroline Woram

Caroline is a high school student at Kellenberg Memorial in New York who hopes to become a nurse. She created In Their Corner, a free guide for families with a loved one in the ICU. When she isn't writing, you can find her on the lacrosse field.

Free family guides: intheircornerproject.org



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Please share our book with a family who needs it. Thank you!

Written by Caroline Woram · Published by In Their Corner



Grandpa Rex can burp the whole
alphabet.

Rory has the tiniest arms in Dino Valley.

So when Grandpa stops at the letter C, and a grumpy little cloud named Grumblegloom moves in, Rory has to find a brand-new way to be brave. With a jar of letters, a winking monitor named Beepy, Nurse Trixie's trick for shrinking worries, and one very lucky sock, Rory sets out to get the alphabet back.

Preparing young children to see a loved one in
intensive care

With coloring, journaling and activity pages, plus tips for grown-ups.

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