



## Surgery

A child having surgery can be stressful for the entire family, whether it is planned or unexpected. We find families who know what to expect are often less anxious and better prepared for their hospital experience.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f3b04eface5ae0012b346a0>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/surgery/>



### Alberta Children's Hospital: Your Child's Surgery

Information about what to expect and how to prepare for your child's surgery at the Alberta Children's Hospital is found on this page.

<https://www.albertahealthservices.ca/ach/Page16811.aspx>



### MyHealth.Alberta—Your Child's Surgery

Created in partnership with the Government of Alberta and Alberta Health Services. This page gives parents information on how to prepare your child, before surgery timeline, your time at the hospital, going home, and other resources.

<https://myhealth.alberta.ca/HealthTopics/your-childs-surgery>



**Note:** The rest of these resources have general information and ideas for preparing for a surgery. As these resources are not from Alberta Health Services or Alberta Children's Hospital, some of the details, especially about the hospital space may be different.

### About Kids Health

The Hospital for Sick Children in Toronto has articles about "Talking to your child about surgery" and "Preparing for surgery and hospitalization". Use the search bar to find these articles.

<https://www.aboutkidshealth.ca/>



## Kids Health

Nemours wrote this article for parents to provide guidance on how to help prepare a child for an upcoming procedure.

<https://kidshealth.org/en/parents/anesthesia-prepare.html>



## Rady Children's Hospital Autism Discover Institute: Hospital Visit Tips

Preparing your child for a hospital visit can reduce anxiety. This page has a tool kit and social stories to help you and your child prepare.

<https://www.rchsd.org/programs-services/autism-discovery-institute/hospital-visit-tips/social-stories/>

## Children's Hospital of Orange County: After Surgery Guide

Caring for a patient after surgery is important. This guide from Children's Hospital of Orange County can help parents prepare for what to expect after surgery. It should never replace your child's at-home care instructions.

<https://www.choc.org/programs-services/surgery/after-surgery-guide/>



*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

Updated: January 2024