



Info Rx

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.

Franklin Goes to the Hospital

Paulette Bourgeois

Franklin is a turtle who must have an operation to fix his shell. The book explains the hospital experience well and addresses the fear and questions many children have about the hospital. Recommended for ages 3-10.

The Surgery Book for Kids

Shivani Bhatia

This book was written by a pediatric anesthesiologist. She tells the story of a boy named Iggy who must have his tonsils out. The pictures are a great mix of cartoon images and real photos in the hospital. Recommended for ages 6-12.

Good-Bye Tonsils

Julianna Hatkoff and Craig Hatkoff

It is time for Julianna to have her tonsils taken out. With the support of her friends, her family, books and toys, she knows exactly what to expect. Recommended for ages 3-10.

Harry Goes to the Hospital: A Story for Children About What It's Like to Be In the Hospital

Howard J. Bennett

Harry is sick and needs to go to the hospital. He is scared of all the new people, needles, and staying the night in a strange place. This story of a hospital stay answers questions and helps children explore their feelings. Recommended for ages 4-12.

When Molly was in the Hospital: A Book for Brothers and Sister of Hospitalized Children

Debbie Duncan

This sensitive book shows the viewpoint of an older sibling when her younger sister needs to go the hospital for an operation. Recommended for ages 3-12.

Curious George Goes to the Hospital

Margret Rey and H. A. Rey

George has eaten a puzzle piece and needs to go the hospital to have the piece removed. Children will learn about hospitals in this fun book. Recommended for ages 3-8.

Your Child in the Hospital: A Practical Guide for Parents

Nancy Keene

This book written for parents offers advice from parents on how to cope with a child's hospitalization. With easy to read tips on preparing your child and handling procedures without trauma.

Alberta Children's Hospital: Your Child's Surgery

Visit this page to find information to help you and your child prepare for an upcoming surgery: ahs.ca/Facilities/ACH/page66.asp

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:
frc.ahs.ca/health-information/library/information-prescriptions/surgery

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca or contact
Child Life at 403-955-2593 or child.life@ahs.ca

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.



Alberta Health
Services

Alberta Children's Hospital

