

Child Life Specialist Available
Monday - Friday
7:00am-5:30pm



NITROUS OXIDE

ELLIOT GOES TO THE HOSPITAL

MY BODY NEEDS A PROCEDURE

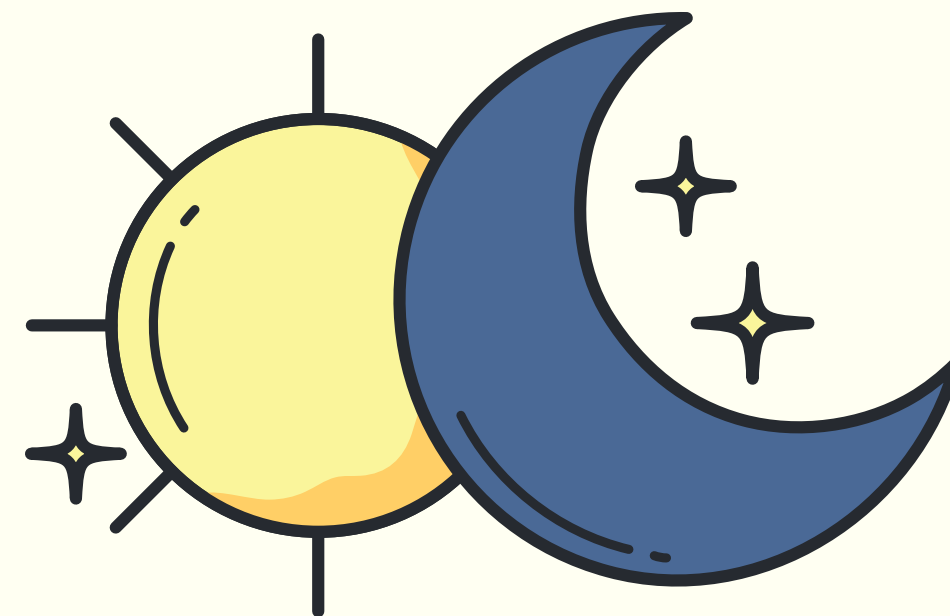


Hi, my name is Elliot!

I'm going to the hospital
to help my body feel
better.



I am in the Emergency Department. The Emergency Department is an area of the hospital where doctors and nurses are ready to help kids and grown-ups. The Emergency Department is open all day and all night.



To see how to help my body, they
need to do a “poke” on my body.
Some kids feel nervous or scared
when they get a “poke”.

The doctors have special air that
can help.



The doctor says my body may need help to relax and feel less nervous.

They will give my body special air. It will help me feel relaxed.





My job is to hold the mask on my face and
take big deep breaths of the special air.

I can pick a yummy smell to put in my mask.





Another choice is to put this in my mouth and a special clip on my nose, and take deep breaths through my mouth.



Some kids say they feel like they're daydreaming. Some kids say, "you know what's going on, but you just don't care".

When I take the mask off my face, my
body will stop getting the special air
and I will feel back to normal again.



When my procedure is all done, everyone will be so proud of me!



Please Note: Your child's plan of care may change from the steps listed, in order to meet your child's individual needs.

Please contact our **Certified Child Life Specialist** team to learn additional ways to support your child before and during their hospital visit.

Office Phone: (603) 663-3416

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