

# 入院怎麼辦？

How to prepare your child for hospitalization?

隔離篇  
Isolation

## 入院遊戲卡 Hospital Play Card





# 我怎樣到醫院呢？

How can I go to hospital?



的士  
Taxi



小巴  
Minibus



其他  
Other



救護車  
Ambulance

## 好玩指引：

- 跟孩子用手指玩迷宮
- 告訴他/她有可能從那些方法入院

## Playful guidelines:

- Use the finger to play maze with the child
- Tell him/her that he/she might go to the hospital in these ways



# 我在醫院會看見誰？

Who can I see in the hospital?

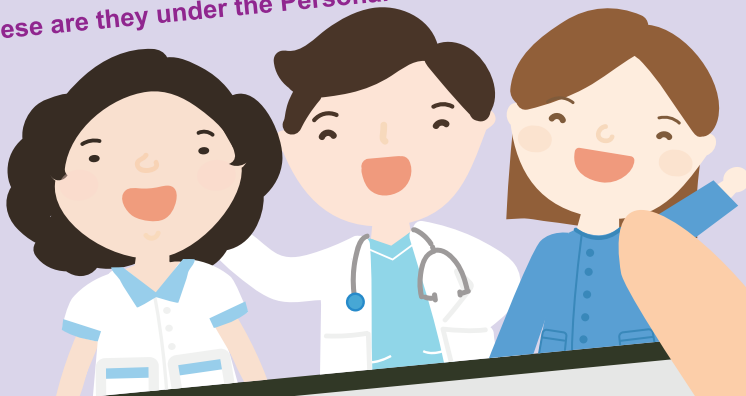


## 防疫保護裝備的醫護人員

Medical staff with Personal Protective Equipment



原來保護衣下，他們是這樣的  
These are they under the Personal Protective Equipment (PPE).



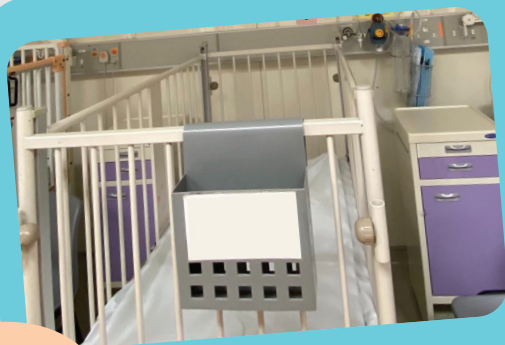
家長可告訴孩子穿著保護衣的是誰，  
他們都是幫助他的人

Parent can tell the child who put on PPE and  
they are helping him/her.



在醫院，我休息的地方

In the hospital, here is my resting place.



孩子會有自己的床，  
儲物櫃放置自己帶來的物品

The child has his/her own bed and the locker  
to store his/her personal belongings.



# 在醫院，我可能要.....

In the hospital, I may need to...

量體溫  
Take a temperature



度高磅重  
Measure my height and weight



## 2019冠狀病毒病核酸檢測

Take a 2019 Coronavirus Disease Nucleic Acid Test

1 採集鼻腔拭子樣本  
Collecting nasal swabs



2 再採集咽喉拭子樣本  
Collecting nasal swabs



3 完成！  
Finished!



醫生檢查  
Check up by doctor



吃藥 (如有需要)  
Take medicines (If needed)



- 跟孩子玩扮演醫生遊戲
- 以五感講解資訊 (如：採集鼻腔拭子樣本時會有點癢)
- 傾談過程中可了解孩子的情緒及應對的方法 (可配合情緒卡)
- 鼓勵勇敢和合作的表現 (例如：欣賞你檢查時好合作，又勇敢)

- Parents can engage in doctor pretend-play with your child
- Explain information by using five senses (e.g., he /she may feel itchy during nasal swabs collection)
- Discuss emotions and coping methods with your child during the play (With the aid of 'Emotion Card')
- Encourage brave and cooperative behaviours with compliment (e.g., I appreciated you were so cooperative and brave during the check up. Good job!)



# 我可以做的事

The activities that I can do are...



畫畫  
Draw



做手工  
Make arts & crafts



視像聊天/遊戲  
Video call or play



看書  
Read



聽音樂  
Listen to music



做伸展運動  
Do stretching



玩玩具  
Play with toys



睡覺  
Sleep



你還想到其他嗎?  
Any other can you think of?

- 保持孩子常規的活動和制定時間表，都有助孩子更快適應
- 讓孩子在身體狀況穩定時能有閒暇活動
- 家長跟孩子一起商討在醫院的活動，從而準備相應的物品
- Keeping the regular activities and making timetable could help your child's adaptation
- Let your child to do some leisure activities when he/she is stable
- Parents can do the planning with your child, so as to prepare suitable tools and toys



# 孩子入院百寶箱

## Child Admission Box

### 個人資料

Personal Data



### 日用品

Daily necessities



### 手提電話/平板電腦

Mobile phone/Tablet



### 遊戲物資

Play Materials



### 帶有安全感的物品

Items with a sense of security



# 情緒卡

## Emotion Card



家長可以問孩子：你的感受和想法是怎樣？  
然後讓孩子指出合適的表情和說出感受，並談談原因。

Parent can ask the child, "What are your feelings and thoughts?"  
Then, the child can point out the suitable facial expression  
to express his/her feelings and discuss about the reason.








# 我的時間表

## My Timetable

### 今天做甚麼

#### Day Planner

- 家長可跟孩子在上圖預先制定住院時的簡單時間表，如什麼時候視像，遊戲，看書等
- 可因應孩子能力及喜好再作更改
- Parents can prepare a simple schedule with your child by using the table above. E.g., when to do video call, play, read.
- It can be adjusted according to your child's abilities and preferences.

\*注意：時間表不用太仔細，讓孩子在早午晚都有一些想法便可，因為醫院用膳及作息可能跟平常不一樣，可讓孩子預早明白。

\*Note: It is recommended to have some brief ideas rather than make a detailed planning because meal and rest time at hospital may be different from usual schedule at home. Please be reminded to let your child understand this situation in advance.



# 孩子喜好卡

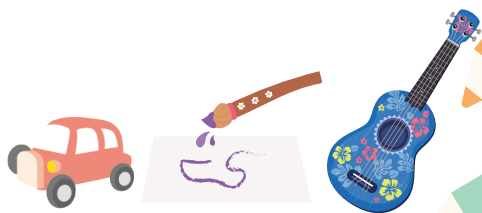
## Child's Preference Card

我是  
I am

我的特性是...  
My Characteristics

例子：我對聲音敏感，突然的聲音會令我受驚，  
請輕柔叫我的名字「XX」  
e.g. I am sensitive to sounds, sudden  
sounds would scare me,  
please gently call my name XX.

我喜歡玩...  
I like to play...



我喜歡/不喜歡...  
I like / dislike ...

例子：我喜歡按摩、聽兒歌... 我不喜歡頭上放東西...  
e.g. I like to be massaged and listen to children's song, etc.  
I dislike putting things on my head, etc.



紓緩情緒的方法  
Ways to relieve emotions



例子：當我生氣時，我會大叫，請你替我檢查尿片，跟我唱歌。  
e.g. When I am angry, I will yell, please check my diaper, and sing a song to me, etc.