

Recommendations for Books about the Hospital

Going to the Doctor

Many kids fear going to see the doctor and getting examined. Reading books that deal with these experiences can show children what to expect and can also help them become familiar with what they will see and feel. Understanding why they must see the doctor can also make a visit run more smoothly.

- When I See My Dentist
Susan Kuklin
- The Berenstain Bears Go to the Doctor
Stan & Jan Berenstain
- Going to the Doctor
Anne Civardi & Stephen Cartwright
- Your Turn, Doctor
Deborah Robinson & Carla Perez
- Going to the Dentist
Anne Civardi & Stephen Cartwright
- I Go to the Dentist
Lyn Mitchell
- Barney and Baby Bop Go to the Doctor
M. Larsen
- Corduroy Goes to the Doctor
L. McCue
- The Wee Bear Who Didn't Want to go to the Doctor
L. Rice Bergen
- Pooh Plays Doctor
K.W. Zoehfeld
- My Doctor, My Friend
P.K. Hallinan

Hospital

The hospital can be overwhelming and frightening for children of all ages. Preparing kids by helping them become familiar with what they will see, hear, and feel at the hospital can make them more comfortable. Addressing the same concerns like the characters in these books will also help ease fears.

- The Hospital Book
James Howe
- Hospital Journal: A Kid's Guide to a Strange Place
Ann Banks
- The Anesthesiologist
Sally G. Ward
- Let's Talk About Going to the Hospital
Marianne Johnston
- Rita Goes to the Hospital
Martine Davison
- Jenny's In the Hospital
Seymour Reit
- Going to the Hospital
Anne Civardi & Stephen Cartwright
- Clifford Visits the Hospital
Norman Bridwell
- The Emergency Room
Anne & Harlow Rockwell
- The Hospital (board book)
Debbie Bailey
- Curious George Goes to the Hospital
Margaret & H.A. Rey

Your Child in the Hospital
Nancy Keene & Rachel Prentice

One Bear in the Hospital
C. Bucknall

Why Am I Going to the Hospital
C. Ciliotta and C. Livingston

Tubes in My Ears: My Trip to the Hospital
V. Dooley

Franklin Goes to the Hospital
Paulette Bourgeois

A Visit to the Sesame Street Hospital
Deborah Hautzig

This is a Hospital, Not a Zoo
R. Karim

Going to the Hospital
Fred Rogers

Corduroy Goes to the Doctor
L. McCue

The Wee Bear Who Didn't Want to go to the Doctor
L. Rice Bergen

Pooh Plays Doctor
K.W. Zoehfeld

Germs Make Me Sick!
Melvin Berger

Wash Your Hands
Tony Ross

Feelings

Hospitalized children will experience many different feelings. Assuring them that these different feelings are normal will encourage them to share openly with trusted family and caregivers. Talking about these feelings, whether they are happy, scared, sad, frustrated or angry, will help kids better understand how to deal with them.

Feelings
Barbara Kay Polland

My Many Colored Days
Dr. Seuss

When Sophie Gets Angry – Really, Really Angry
Molly Bang

Sometimes I Feel Like a Storm Cloud
Lezlie Evans

The Moon Balloon
Joan Drescher

Today I Feel Silly
Jamie Lee Curtis

Relaxation Books

These books give your child effective tools (imagery, breathing exercises, etc) to cope with pain, anxiety, and frustration. These are best read with a trusted caregiver who will help practice the suggested techniques.

The Moon Balloon: A Journey of Hope and Discovery for Children and Families
Joan Drescher

Healing Images for Children: Teaching Relaxation and Guided Imagery
Healing Images for Children Activity Book
Nancy C Klein, illustrated by Matt Holden

A Pebble for Your Pocket
Thich Nhat Hanh

Peaceful Piggy Meditation
Kerry Lee Maclean

Ready, Set, Relax : A Research-Based Program of Relaxation, Learning and Self-Esteem for Children

Jeffrey S. Allen and Roger J. Klein