


*Here is a photo or
drawing of me*

ME AND MY HEART SURGERY

This is me!
This is a book about my heart.



ABOUT ME

I am having special surgery to help my heart. This is my book to help me to get ready for it. Here are some things that you need to know about me.

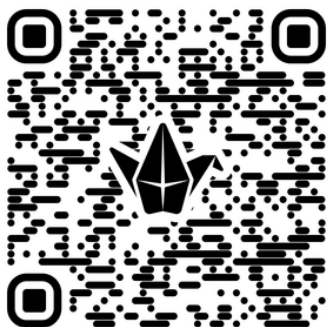
MY NAME :

MY AGE :

I LIKE :

I DON'T LIKE :

WHO IS IN MY FAMILY:



Tip for adults

If you scan this QR code you can access a range of resources to use with this workbook to help to prepare your child for surgery

ABOUT MY HEART

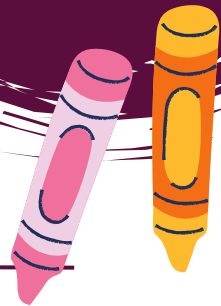
We all have a heart. It is a muscle inside our chest that pumps blood around our bodies. My heart needs some help to make it work better. This is why I'm going to hospital to have some surgery. I will stay in hospital until I feel better and then I will come back home.



Did you know that our hearts are not actually shaped like a heart! It is more like an upside-down pear

Facts about my heart:

Now it's your turn to find out some facts about your heart!



GOING TO HOSPITAL

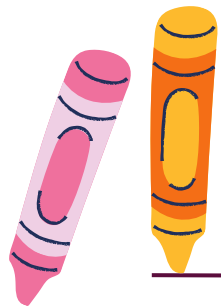
Who will I meet?

When I'm in the hospital I'll meet lots of different people to help my heart get better. I will meet a special doctor who will help my heart called a surgeon.

Will I be awake?



I will be asleep during the surgery so I won't be able to feel it. I will meet another special doctor called an Anaesthetist (Ah-knees-thet-ist). They will give me some special medicine to help me sleep through a special mask or through my arm using a special tool called a cannula. The Anaesthetist will keep checking that I'm still asleep the whole time and then they will make sure that I will wake up when I need to. It is their whole job to keep checking on me to make sure that I'm asleep when I need to be and that I wake up when I need to.



Who will come to hospital with me?

What will they do when I'm having surgery?

Now it's
your turn
to
answer!



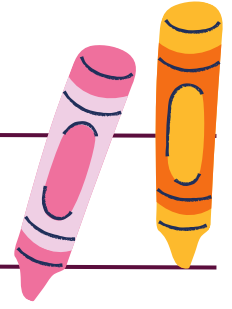


MY QUESTIONS



Now it's your turn to ask the questions!

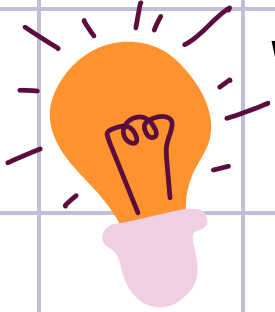
Write down your questions about surgery here so you can talk to your family about them.



Tip for adults

It might also be helpful to look at the resources on the padlet that goes with this workbook.

Things to do in hospital:



When I'm in the hospital it will be helpful to keep busy. Here are some ideas: drawing, playing "I spy", playing with bubbles, watching a film.

- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



Now you write a list of things to do in hospital

Things to pack for hospital:

- ▶ **Pyjamas**
- ▶ **My favourite toy**
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



MY FEELINGS

Here are some different feelings I might have about hospital and surgery:



Angry



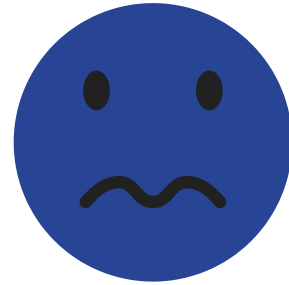
Happy



Calm



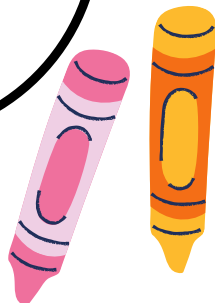
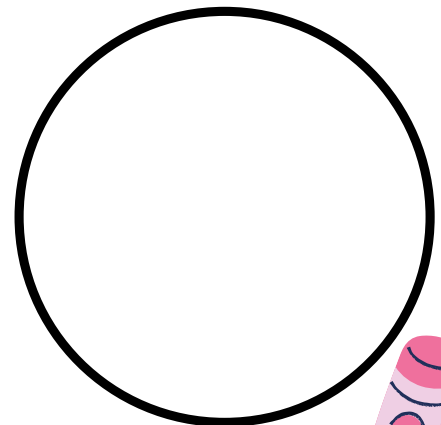
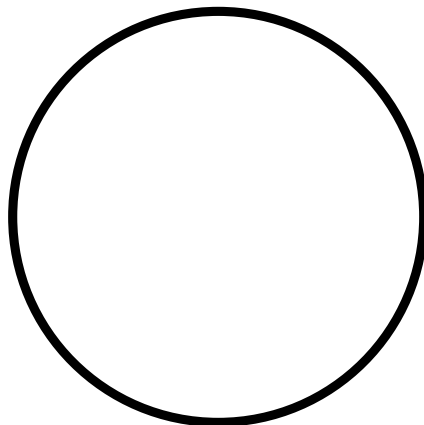
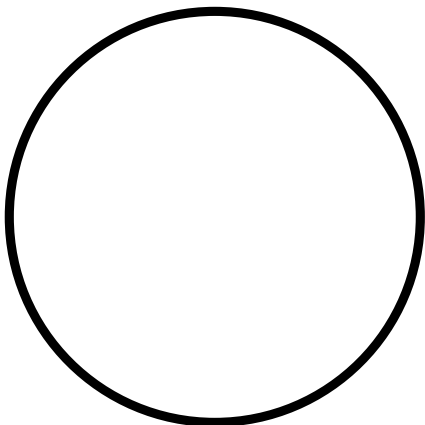
Sad



Scared

How I'm feeling

Draw how you're feeling about your heart surgery in the faces below





MY WORRIES

Most children feel a bit scared about having surgery on their heart. It can be helpful for them to tell their family about what makes them scared so they can try to help them.

When you're worried you might notice a feeling like butterflies in your tummy, or you might feel hot, or your body might be shaking. It might make it harder to concentrate on the things that you usually enjoy, or you might feel upset or angry more than you would usually.

Write your worries here to talk to your family about them



Tip for adults

Some children find it helpful to have a dedicated "worry time" where they can talk about these worries. You might want to set a timer for 20 minutes everyday where you focus on these worries.

To help when I'm feeling worried I can try:

Balloon Breathing

Step 1: Sit comfortably

Step 2: Put your hands on your belly and breathe in really slowly. Your belly should feel like it is inflating just like a balloon

Step 3: Breathe out slowly. Your tummy should feel like it is going down just like a deflating balloon.

Repeat steps 1-3 four more times



The 3-3-3 Technique

Say **3** things I can see



Say **3** things I can hear

Move **3** different parts of my body



Tip for adults

It can be helpful to practice these skills with your child and to help them to find what works best for them. Videos for these exercises and more ways of managing worries are available by scanning this QR code

To help when I'm feeling worried I can try:

Happy place

Sit comfortably and close your eyes.
Think about a place that makes you happy. It might be at home or at the beach or on holiday.
Try to picture this place really clearly in your mind.

Without speaking out loud, describe this place to yourself.
What can you see? What can you hear? What can you smell?

What can you feel on your body? Are you hot or cold?

Hold onto this image for 10 seconds



Tip for adults

It can be helpful to practice these skills with your child and to help them to find what works best for them. Videos for these exercises and more ways of managing worries are available by scanning this QR code

MY PREPARATION CALENDAR

Use this calendar to plan one thing everyday that you will do to help you to get ready for surgery. Then tick them off everyday like an advent calendar.

Sun

Mon

Tue

Wed

Thu

Fri

Sat



THINGS TO FIND IN BRISTOL

I am going to the hospital in Bristol. This is a special hospital where lots of children have surgery on their heart just like me! See if you can find the below things when you're in the hospital in Bristol



The big lollipops



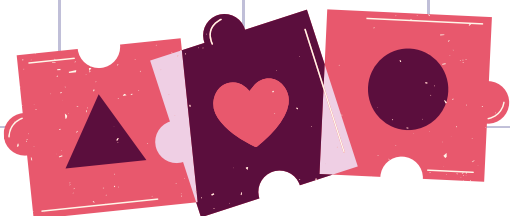
Gromit



The piano



A dolphin

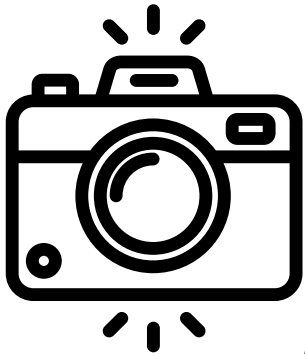




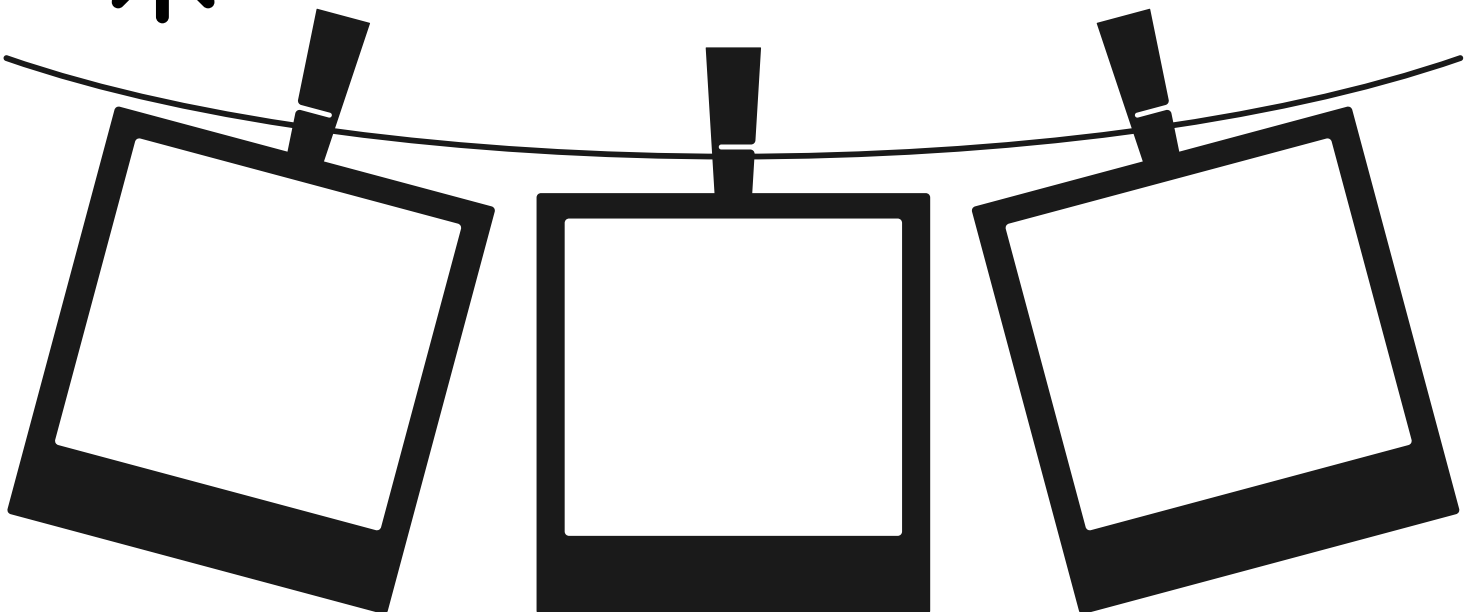
AFTER MY SURGERY

After the surgery I will feel tired and a bit uncomfortable. I will need to rest a lot! I will stay in hospital so the nurses and doctors can keep checking on me. I can go home again when I'm feeling better.

One thing I'm looking forward to for after surgery is:



Here are some photos or drawings of hospital that I can show my family or friends when I go back to school





MY CERTIFICATE

This is to certify that:

Has been very brave when in hospital for
their heart surgery



Signed by:





This workbook was created by the South Wales
Paediatric Cardiology Psychology team

To help us to improve our resources, we would
really appreciate your feedback on this workbook.
To share your feedback with us, please scan the
below QR code:



A special thank you to all of the healthcare
professionals and families who have taken the time
to feedback on and help to develop this workbook
with us.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Children's Heart Unit for Wales
Uned Calon Plant I Gymru



South Wales and South West
**Congenital Heart
Disease Network**