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## HEALTH SCAN

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### KIDS LEARN FROM BOOK ABOUT HOSPITAL STAYS

A new children's book to make hospital stays less frightening has been published in Hebrew. Titled *Sfat*

*Hatarim Shel Beit Haholim (The Secret Language of Hospitals)*, the beautifully illustrated book, authored by Liat Shaish-Markowitz and published by Ofir Bikurim, can be read to younger children, or read by patients aged about seven and up by themselves.

A page of advice to parents suggests that children who will be hospitalized be taken on a tour of the medical center and department so they will know where they are. Showing them the nurses' station, where meals will be served and where the game room is located is very important.

"Give them the feeling that you have confidence in the medical staff and the treatment they will receive. Give them space for their feelings and fears. Don't say 'it's nothing' but rather 'I understand it is not pleasant and hurts. But the doctors are treating you, and we are here with you.'"

The protagonist is a boy around 12 who suddenly develops mysterious stomach pains. When his family doctor is unable to find the cause, he is hospitalized. The nurses and doctors he encounters in the pediatrics department are kind and empathetic. X-rays and taking blood samples are explained. A psychologist comes to visit, sitting on the edge of his bed, to relieve his fears. Medical clowns perform. Finally, he gets treatment and is discharged feeling much better.

The glossy pages include white space for adding doctors' stamps, stickers, medical terms and a place to draw his condition or write a personal story. Undoubtedly, reading the thin volume will relieve the fears of young patients