

# Child Life Services

A child's work is play



## Chase Child Life Program

Hospitals can be confusing environments.

The Chase Child Life Program seeks to ease that fear by familiarizing young children, adolescents and their families with the hospital experience.

For more than four decades, UCLA's Chase Child Life Program has been a pioneer and national model for how to appropriately address the social, emotional and developmental needs of each child and his or her family in a culturally sensitive manner. Our team attends to the unique needs of pediatric patients — especially the critically and chronically ill — by collaborating with other healthcare team members to help achieve a balance between the medical and psychosocial needs of children and their families.





“Child Life — A happy place full of smiles, laughter and fun. A time without doctors, needles or nurses.”

— *Juan, age 8*

## Child Life Specialists

Child Life Specialists are part of an interdisciplinary, family-centered model of care. They focus on the social, emotional and developmental needs of hospitalized children by communicating accurate and age-specific information, identifying potential stressors, and planning and practicing coping strategies.

They also help family members understand their child's response to treatment, promote parent/child play sessions and share strategies for comforting their children during medical procedures. Each patient's Child Life Specialist provides a sense of stability and continuity of care each and every visit.

Each member of our professional staff holds a bachelor's or master's degree in child life/child development, education and/or psychology, and is professionally certified and affiliated with the Child Life Council.



“I’ve been coming here since I was five. Since day one, Child Life has helped me through procedures when I’m scared. When I’m in the hospital, Child Life helps me get through everything. When I get bored or scared, they help me.”

— *Alyssa, age 16*



## Services Offered

- Child Life services available in the hospital, Children's Health Center, Emergency Department and Operating Rooms
- Developmental preparation for medical procedures, support during procedures and post-procedural medical play
- Consultation with caregivers, siblings and children of adult patients about the impact of illness on the child and family
- Supervision of playroom/activity areas and outpatient play areas
- Therapeutic intervention — including music, dance, art therapy and medical play
- Special events that entertain and engage children and families
- Pre-hospitalization visits for children and their families
- Expert consultation for caregivers and medical team members regarding children's development
- Access to interactive gaming resources and laptop computers
- Assistance in transitioning from hospital to home and/or school following an illness
- Facilitation of programs for parents of pediatric patients



## Music Programs

Music helps hospitalized children to cope with limited social and emotional stimulation by enabling them to express their thoughts and feelings through music, encourage self expression, reduce pain and make the hospital feel more like home.

## Art Programs

The creative process of art helps improve and enhance the physical, mental and emotional well-being of individuals of all ages. Children are offered a nonthreatening, safe environment to creatively express themselves, understand emotional conflicts, increase self-awareness about their illness and gain a sense of control.

## Dance/Movement Therapy

Our board-certified dance movement therapist engages medically fragile children in movement therapy, which supports physical development, anxiety reduction and creative expression. Small group and bedside sessions are scheduled to meet the child's psychological, emotional and physical needs.

## Dog Visits

People-Animal Connection (PAC) sponsors dog visits that can brighten the day for many children.



## Hospital School Services

School services are provided in the hospital for children in kindergarten through high school when they are hospitalized for 10 or more days. The hospital teacher follows the curriculum of the Los Angeles Unified or the Santa Monica/Malibu Unified school districts and the education standards established by the state of California.







## Family Resource Room

Through the programs and services provided at our Family Resource Room in Westwood, caregivers may network with other parents, engage in support groups, or participate in educational or creative arts seminars. A Resource Room Child Life Specialist is available to share information on child development, medical conditions and community resources, and to connect families with similar challenges.

In addition, caregivers may borrow laptops for limited periods of time to be used while visiting children in their rooms. Printing, faxing, copying services and light refreshments are available to families participating in Resource Room activities.

## Child Life Internships

UCLA's Chase Child Life Program provides educational and training opportunities to undergraduate and graduate students pursuing careers that support the social and emotional development of medically fragile children.

For more information, visit [uclahealth.org/childlife](http://uclahealth.org/childlife)

## Volunteers

Community volunteers provide an extra touch to our patients and families by coordinating special events, arts-and-crafts, and other projects. And they are available to play a video game, read a story or simply sit at a child's bedside to provide comfort and companionship. For more information, visit [uclahealth.org/volunteer](http://uclahealth.org/volunteer)





## Community Partners

We are proud to join with the following community partners:

- Mattel Children's Foundation
- Chase Foundation
- UCLA Athletics
- Flashes of Hope
- Lollipop Theater Network
- The Art of Elysium
- Discovery Arts
- Painted Turtle
- Help a Hospital
- Coach Art
- Musicians on Call

## Make a Gift

If you would like to make a gift to UCLA's Chase Child Life Program, please visit [uclahealth.org/childlife](http://uclahealth.org/childlife)

You can also mail your check, payable to The UCLA Foundation, to:

Chase Child Life Program  
Mattel Children's Hospital UCLA  
757 Westwood Plaza  
Los Angeles, CA 90095

Your gift is an investment that will directly touch the lives of children and their families.

Thank you for your support!



## Chase Child Life Program

UCLA Health

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[Mattel Children's Hospital UCLA](#)

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[UCLA Medical Center, Santa Monica](#)

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(424) 259-8219

[uclahealth.org/childlife](http://uclahealth.org/childlife)