

ISOLATION HOME PACK



**The
Children's
Hospital
Charity_x**

Registered Charity No. 505002

Hello

We would like to begin by saying a huge thank you for isolating prior to your surgery at Sheffield Children's.

We know just how difficult it is to stay away from your loved ones, even for a short time, but by doing so you are helping to protect our staff as well as other patients and families being cared for at Sheffield Children's.

Staying home will ensure that we can keep others safe, which means doctors and nurses at Sheffield Children's can help other families just like you over the coming days and weeks.

We have put together this pack to help you through the next two weeks, with activities and exercises based upon some of the very best advice available to support you and your family's wellbeing during this time.

Thank you again and may we wish you all the best with your upcoming surgery at Sheffield Children's NHS Foundation Trust.

Here to help

Use this pack to help you and your family with the two week isolation period before your elective surgery.

When normal routines are gone it can be disorientating. Make a plan for each day using the wall chart and try to stick to it.

Activities and Resources

You will find many resources and activities to download or watch to help keep you busy. From music workshops to creative drawing and story telling, there are lots of different activities for all ages and abilities.

Please visit www.sheffieldchildrens.nhs.uk or the charity's website www.tchc.org.uk

The activities have been provided by many different professionals from artists and designers to experts in children's clinical psychology, speech and language therapy and emotional wellbeing. Together they create a collection of resources to make this process a little easier.



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START YOUR JOURNEY



Name:

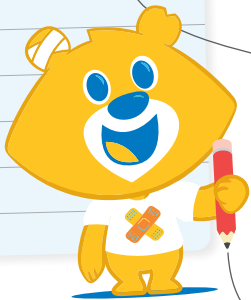
Age:

Surgery:

Date:



Write a list or a story about what you would like to achieve in your two weeks.



What do you like doing?



What makes you smile?

Who are the people who are important to you?



TIPS FOR LOOKING AFTER EACH OTHER



SET YOURSELF A CHALLENGE

Your challenge could be anything from baking the perfect cake to climbing a mountain of stairs. Find at least one thing to do each day which makes you happy, you could even get sponsored for the hospital!

What's your challenge?

Idea Think of something you enjoy and it will make you smile every day. A dance a day, paint, colour, craft, you could even start a scrap book.

BE HEALTHY

Keep a healthy routine. Eat well, keep active, rest and get some fresh air.

Can you draw anything you could do to keep healthy during your two weeks?

Idea Run 5k in your garden by running a little bit each day! Don't forget you could get sponsored and raise a few pounds for the hospital!



STAY CONNECTED

It's really important to stay in touch with your friends and family online, over the phone or through the post.

Name who you are going to check in with:



Idea Could someone do an art class over a video call or a virtual quiz? We all like getting something through the post, write a card and send it to a loved one.

EMOTIONAL CHECK IN

It helps to talk about and share any worries you have.

Do you have worries about your two weeks at home?

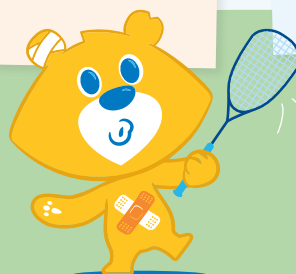


BE IN THE MOMENT

It's important to take a break and be together, even if only for a few minutes a day.

What would you all like to do every day?

Idea It could be eating a meal together every day or making something crafty (have a look at Pinterest for some ideas!) Start a secret story and each of you write a line a day. After two weeks you could all read your story to each other.






YOUR WALL CHART

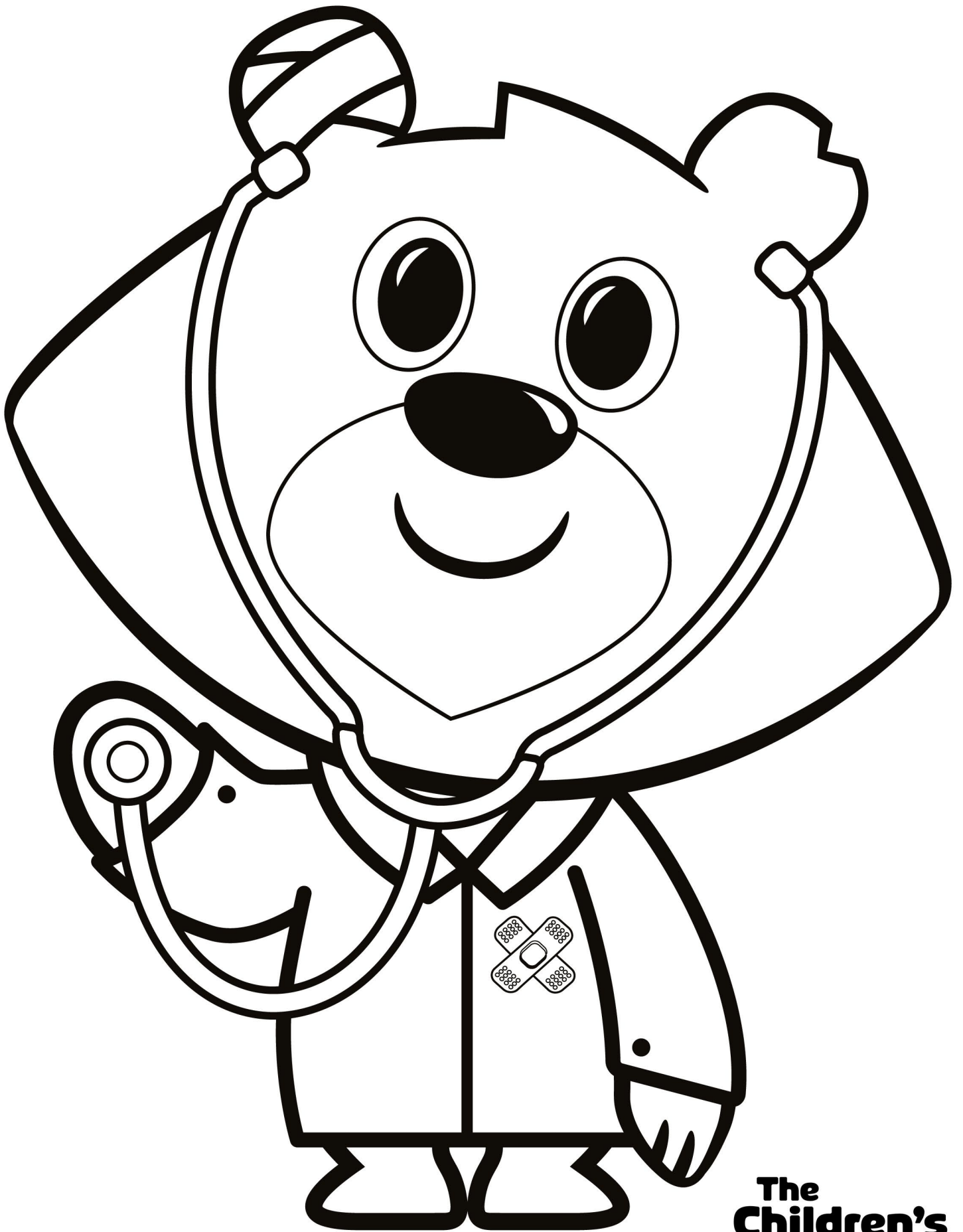
Name:

Make the most of your time together and take care of yourself. A routine and a plan will help you all focus on what you want to achieve each day. BUT it doesn't matter if you don't stick to your plan exactly, find out what works for you and your family.



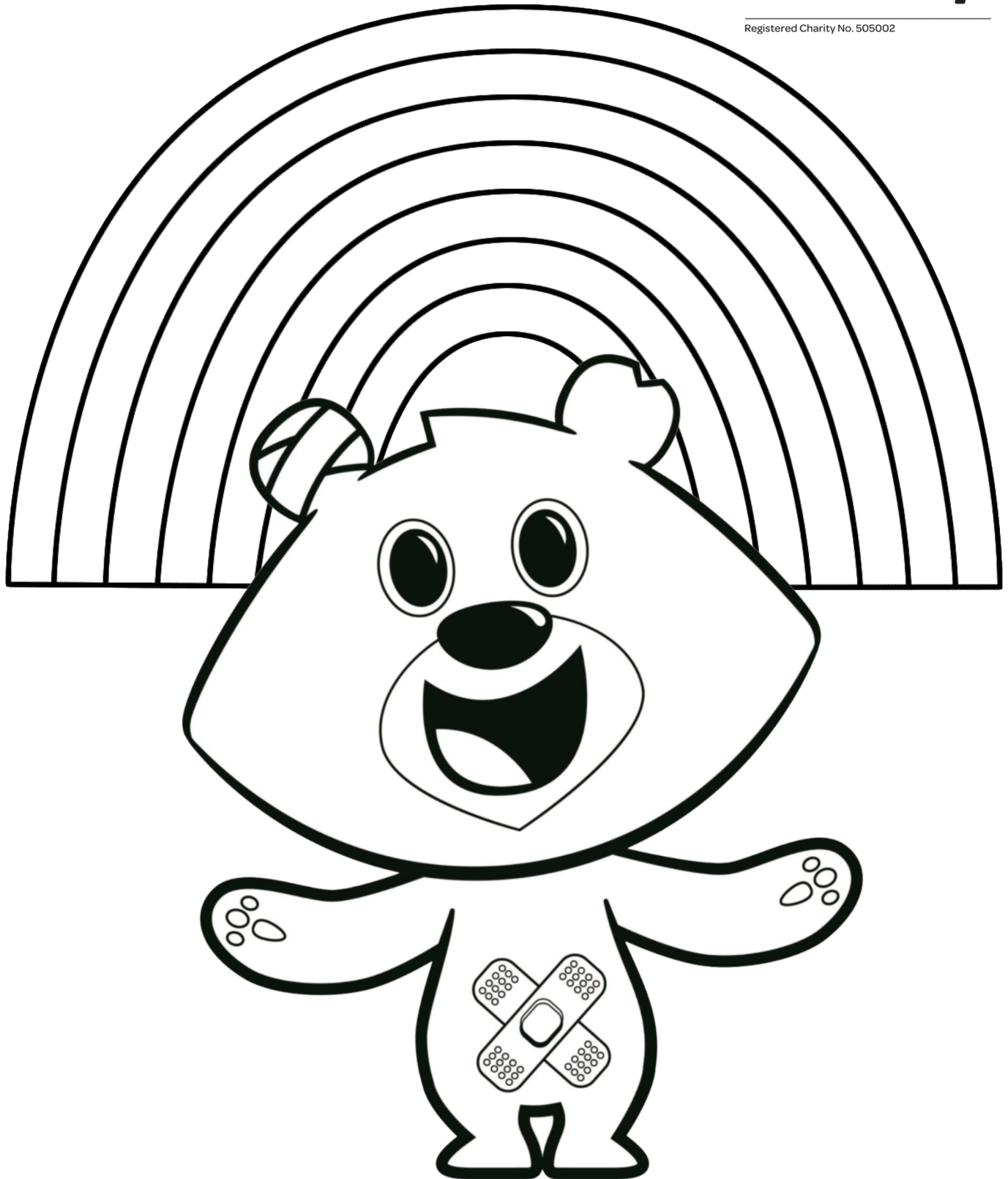
	Morning 	Afternoon 	Evening 
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			





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Theo helps make Sheffield Children's Hospital even better!