

# After the Hospital: Getting Back to a Schedule

After coming home from the hospital, Tracy couldn't go back to school yet. In this story, Tracy found a way of doing some normal things each day. Hercules the dog would like to hear your story too.



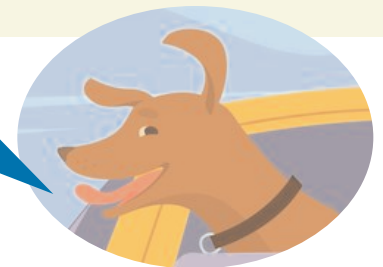
When I was sick and in the hospital, someone from my family was always with me. Even though I didn't feel well, having someone around made me feel safe. It helped me think about things other than being sick.

When I came home, my doctor said I couldn't go back to school yet. For the first few days, I stayed upstairs in bed, watching cartoons while mom worked on the computer downstairs. Being in bed all day was like being in the hospital! Mom brought me some homework from my teachers at school, but I didn't want to do it. Then she pulled out my favorite card game, but I didn't feel like doing that either. My mom asked: "Other than feeling sick, is there anything else bothering you?" Mom and I talked and figured out that being at home and missing out on stuff with my friends made me feel bored and sad. Mom said, "maybe you'd feel better if your day was more like it usually is." "How can I do that?" I asked. "I can't even go to school." "But there are lots of things you can do to get back to your regular schedule," Mom said.

That was true. Mom helped me get dressed every morning. Instead of staying in bed, I came downstairs. I started to get caught up on my schoolwork, sitting at the desk where mom was working. I wasn't so lonely, and she was right there to help when I had a question. Mom and I even played cards each day after lunch. I got back to doing my chores again, too — feeding the dog and clearing the table after dinner. When I was well enough to go out, my family and I went to see a movie. That was really fun because I got to choose the movie. Mom let me call my friends on the phone and invite one over to visit. I was worried that none of my friends would want to visit since I was still sick. But Jamie came over one day and we watched movies and played cards. I'm not back to school yet, but I'm doing a lot more things now and seeing more friends.



Share with Tracy and me how you are trying to get back into a schedule. Fill in the blanks to tell your story.



Some of the things I really miss being able to do since I went to the hospital are

\_\_\_\_\_ and \_\_\_\_\_. When I think about the things  
(something you miss doing) (something else you miss doing)

I still can't do, I feel \_\_\_\_\_. Someone that I can talk to about my feelings is

\_\_\_\_\_. Even though I can't do everything I used to do, I can do some things that would help me

feel like the old me again, like \_\_\_\_\_ and \_\_\_\_\_.  
(something you can do) (something else you can do)

If I could spend some special time with someone now that I'm home, I would ask \_\_\_\_\_ to

\_\_\_\_\_ with me.  
(something you like doing)



Many doctors write prescriptions for patients with things to help them feel better. What would *your* prescription say? Write or draw a prescription to help you feel better.



### KID'S FIRST MEDICAL CENTER

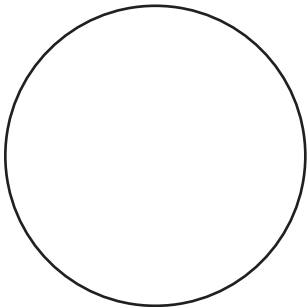


Dr. Ben Better • 1423 Med Center Road • Bestville, PA 01923  
 TELEPHONE: 225.426.6787 • FAX: 225.426.6780

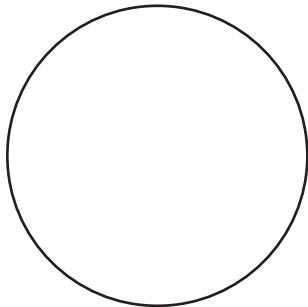
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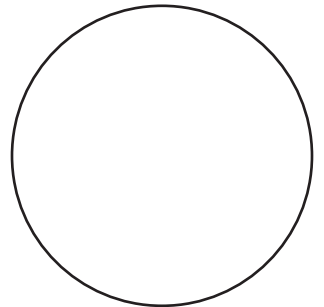
When kids come home from the hospital, they sometimes forget how much better they are feeling. In the blank faces below, draw a face of how you felt when you first went to the hospital, how you felt (or will feel) when you go home, and how you felt (or will feel) when you go back to school. Do your three faces look different from each other?



Draw a face of how you felt when you first went to the hospital.



Draw a face of how you felt (or will feel) when you come home from the hospital.



Draw a face of how you felt (or will feel) when you go back to school and see your friends.