

How a Child Life Specialist can help

The Child Life Specialist on the Cystic Fibrosis Team can help your child and family by:

- Explaining cystic fibrosis in a way your child can understand
- Helping your child find ways to safely express his or her feelings
- Using medical play to help your child learn about his/her treatment
- Preparing your child for treatment or medical procedures such as blood tests
- Helping your child overcome challenges such as swallowing pills
- Helping your child learn healthy ways of coping with difficult experiences related to health care and the hospital
- Explaining your child's needs to the other members of the health care team
- Helping your other children cope with having a brother or sister diagnosed with Cystic Fibrosis

A Child Life Specialist:

- ✓ is a member of your child's health care team
- ✓ understands how children develop and how family members interact
- ✓ has experience in working with children of all ages and their families

If you would like the Child Life Specialist on the Cystic Fibrosis Team to help your child or your family, please call 905-521-2100, ext 76661.