

School Programs

School plays a critical role in every child's development. At Texas Children's Hospital we offer two school programs to allow your child to continue their academic goals. To arrange for your child to participate in a school program please contact your Child Life Activity Coordinator.

The Learning Lab

- For students hospitalized for less than 4 weeks and are in grades K-12th. Tutors are available help with school assignments during hospitalization.

HISD Program

- For students hospitalized for 4 weeks or more. The student has the option to enroll in the Houston Independent School District program at TCH to be taught by Texas certified teacher.

About Child Life

At Texas Children's Hospital, we understand a visit to the hospital can be challenging for your child and family. Child Life Specialists are available to ease your child's anxiety and help him or her feel more comfortable in the hospital.

They use age-appropriate explanations to help children know what to expect while at the hospital. Child Life Specialists also know that the hospital can bring up different feelings for your child. Therefore, they will work with you to support your child's emotional needs. Child Life Specialists also provide play opportunities to support your child's growth and development.



**Texas Children's
Hospital**[®]

Contact your child life specialist to learn more about helping your school age child cope with hospitalization.

A PARENT'S GUIDE TO UNDERSTANDING THE HOSPITALIZED CHILD



Teenager
(13-18 years old)

Potential Stressors during Hospitalization

- Loss of their identity
- Limited social interaction with friends and classmates
- Concerned about their body image and how others view them



- Lack of privacy
- Less time for independent activity
- Limited ability to make decisions for themselves
- Concerned about pain or bodily injury
- Increased dependence on adults

Foundations of Teen Development

During this stage of development teens are gaining their sense of independence and identity. Teens value their privacy and peer interaction. They are undergoing rapid physical changes that often make them feel self-conscious and worried about their appearance. Teens have the ability to understand their illness and treatment plans, and are able to consider how these might impact their life long term.



Helping your Teen cope with hospitalization

- Give honest explanations about their diagnosis and plan for treatment
- Encourage your teen to engage in conversations about their medical care
- During conversations, allow opportunities for your teen to express their feelings and emotions
- Include your teen during conversations with the physicians during team meetings
- Allow opportunities for social interaction with their friends from outside of the hospital
- Provide opportunities for your teen to be independent and make decisions to promote a sense of control
- Privacy is extremely important
- Recognize your teen's concerns regarding their body image
- Provide activities for expression such as journaling, writing music, drawing and painting