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BACHELOR OF SCIENCE IN CHILD AND FAMILY DEVELOPMENT WITH AN EMPHASIS IN CHILD LIFE  
5 YEARS EXPERIENCE

"PLAY GIVES CHILDREN A CHANCE TO PRACTICE WHAT THEY ARE LEARNING - MR. ROGERS

## Can you tell me a little bit about your hospital and the units you cover?

Children's hospital within an adult hospital but in it's own tower. We have Peds(45), PICU(35) CICU(14), NICU(70) and a Peds ED. I cover the Peds ED and it's 20 beds!

## What's your typical unit census and about how many patients do you see per day?

120-220 a day before covid, only about 45 now! I saw 15-50 a day before covid and 5-10 now.

## What does your average day look like?

I work 2pm-12:30am. I check in with nurses, grab my immobile. Check emails or go up to the child life office, if nothing is going on at the moment. I wait for whatever walks in the door. I help with all procedures - assess, prep and distract. I offer some play (normalization and medical) for longer stay kiddos. Prep for any surgeries that may arise, and any inpatient stays. Go to any Peds traumas on adult ED side (pre-covid). I attend huddle at change of shift at 7pm. I also help on inpatient floors once inpatient child life leaves for the day. My basic goal is try to make the ED a better experience for kids and their families!

## What is your favorite distraction item and how do you use it?

I have two! Anything that is squishy; stress balls, dimpl, slime, dough balls. Monkey tubes and my baby shark musical toy!

## What's the best part about your job?

Helping kids overcome things that they thought they couldn't do with new found coping skills provided by child life. I love seeing patients conquer their fears and finish with a smile.

## What's the hardest part in doing your job?

Advocating for patients and not being listened to.

## What's a facet of your job that people wouldn't expect?

I work closely with the doctors, nurses, and social workers to create the best plans for our patients. The doctors on my unit respect child life and our opinion more than nurses with 20 years of experience which is still wild to me.

## What's something you wish you knew when you started on this unit?

I started child life on this unit 3 years ago. I didn't know anything. I was just given a computer, a cabinet for my distraction equipment and a "good luck" from my old manager.

## Do you have anything else you'd like to share about your job, tips for students, or thoughts?

Child life is extremely competitive, volunteer for whatever you can, do things that stand out on your resume! Be prepared to move for child life for your internship and for your first job!

