

# Medical Play at Home

## What is medical play?

### Medical play is:

- A kind of play where your child acts out medical procedures
- A kind of play where your child is allowed to play at being the doctor, nurse or patient
- A kind of play where your child is in control of what is happening
- A kind of play which allows your child emotional release of anger, fear and anxiety.

## Why medical play?

### Medical play may:

- Prepare your child for hospitalisation
- Help prevent your child from experiencing fear and anxiety before, during and after hospitalisation
- Help your child understand treatment procedures and what may happen at the hospital
- Help your child cope with fear and pain by giving him/her the opportunity of being the person in control
- Help your child recover emotionally after hospitalisation.



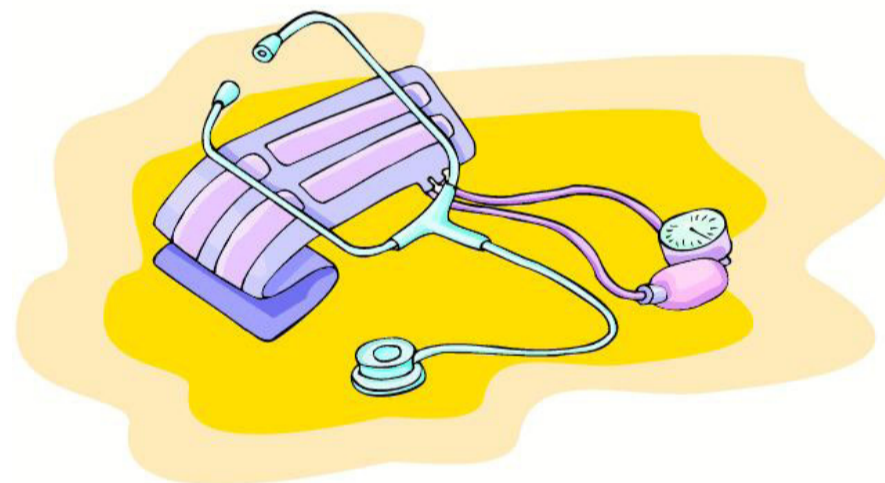
Medical play is beneficial to your child before and after hospitalisation. No parents want their child to go to hospital, but it may be necessary in an emergency. Your child would benefit if he/she were more familiar with hospital procedures prior to admission.

## How to provide medical play

### Medical play activity:

You will need

- A doll or teddy
- A medical kit (this may be made out of a cardboard box)
- Strips of cloth for bandages
- An eye patch
- Sticking plasters
- Cotton wool
- Medicine cup
- Toy stethoscope. This can be easily made out of empty cotton reels, a plastic cup and a long piece of string.



Supply any other materials that will stimulate medical play. Talk to your child about hospitalisation so that he/she can ask questions and gain an understanding of hospitalisation. Allow your child to play at being doctor, nurse or patient.



If you would like more information on preparing children, young people and their families for hospital please contact AWCH.

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