

Hope Chest Checklist

Baby Hope Chest Checklist

The majority of patients at Cook Children's Medical Center are infants and toddlers. Many of these tiny patients have been born early or traveled far to be here, and families haven't always had time to plan for their care. Many of the babies are in need of clothing and items such as toys and music to provide stimulation.

- Cardboard book (hard pages)
- Disposable camera and a coupon for processing*
- Electric light-up toy (for children 2 years old or younger)*
- Lullaby tape or CD*
- Onesies (one piece clothing items) or other comfy infant/toddler clothes (shorts and t-shirts, light-weight sleepers)*
- Pacifier
- Picture frame
- Rattle, squeeze toy and/or teether*
- Shape, stacking or nesting toy (like cups, boats, etc.)
- Sippy™ cup (spill-proof, please)
- Unbreakable infant mirror

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Teen Hope Chest Checklist

Teenage patients have unique needs. They experience the feelings of worry, anger and fear like younger children, but no longer use play as a way to express those feelings. Items in this hope chest offer other avenues of expression.

- Activity book (crossword, find-a-word)
- Blank book or journal*
- CD (with no parental warning labels please)*
- Disposable camera with a coupon for processing film*
- Magazine subscription
- Phone card*
- Posters
- Teen board game*
- Teen card game*
- Teen craft kit or a model with glue
- Video (PG rating please)* or DVD

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Clothing Hope Chest Checklist

(Please select a gender and size. Used items cannot be accepted)

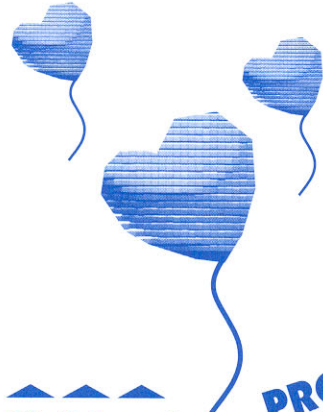
Cook Children's created the Kids' Closet to provide clothing and toiletries to patients and their families in emergency situations. For example, some mothers accompany their premature newborns and arrive without a change of clothes. Some patients treated in the Emergency Room have been injured, and their clothes have been ruined. Items donated to the Kids' Closet help in these and many other situations throughout the hospital.

Gender: Male Female Size: _____

- Pajamas (items should be appropriate for wear outside a patient's room, such as for visits to a playroom or the schoolroom)
- Pants (elastic or draw-string waist)*
- Shorts (elastic or draw-string waist)*
- Socks*
- Tennis shoes
- T-shirts (long or short-sleeved)*
- Underwear (including sports bras, when appropriate)*



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Comfort Hope Chest Checklist

Many children and teenagers seek comfort in familiar items to relieve the stress and anxiety of a hospital stay. Staff collect and distribute the items listed below to distract children who are frightened and comfort children as they heal and recover.

- A blank book or journal*
- Bubble bath
- Children's book (preferably hard-cover)*
- Lotion
- Nail polish, hair accessories, or make-up
- New stuffed animal*
- Phone card*
- Soft blanket



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Distraction Hope Chest Checklist

Medical center staff, especially child life and nursing, help patients cope with painful and stressful situations using distraction techniques. For example, blowing bubbles as an IV needle is inserted can make the procedure more tolerable for a young child. Teenagers might use music or a hand-held game to help them relax during procedures. The following checklist includes distraction tools children and teenagers routinely use in the medical center.

- "I Spy"® book or books like "Where's Waldo?"®*
- Squeeze ball (stress relief toy, koosh ball, etc.)
- Activity or novelty key chain (for example, a small Etch-a-Sketch™ or Rubik's Cube™ on a keychain)*
- Blank audio tapes
- Personal compact disc (CD) or cassette tape player
- Hand-held puzzle or game (for example, a Magic-8 Ball™ or an electronic Candyland™ game)
- No-spill bubble tumbler*
- Bubble liquid for refilling tumblers*
- Pinwheel
- Pop-up book
- Small Etch-a-Sketch™ or Magna Doodle™

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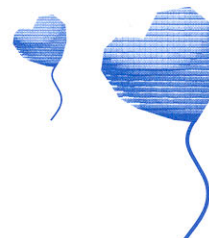
Phone _____



"Little Things" Hope Chest Checklist

Our child life staff relies on many things that may seem small but that make a big difference in the lives and experiences of patients and families at Cook Children's.

- Blank book or journal*
- Blank recognition or praise certificates (used to celebrate a patient's discharge from our inpatient rehabilitation program)
- Gameboy™ game
- Gift card from Target, Toys "R" Us or Blockbuster (used as gifts for birthdays and going home celebrations or to purchase supplies for hospital playrooms)*
- Phone card*
- Polaroid™ film (600 series)*
- Puzzle (100 pieces or less)
- Thank you notes
- Movie Tickets (UA or AMC)



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Outpatient Hope Chest Checklist

Cook Children's cares for many children each year on an outpatient basis in such areas as the Emergency Department, Radiology and Outpatient Surgery. Visits to these areas may often involve wait times. Items included in this hope chest help children and teenagers stay busy while waiting for treatments and test results.

- Bubbles (no-spill tumblers and refills)*
- Coloring book and small box of crayons (packages of four or eight colors)*
- Electric light-up toy (preferably with an on/off switch and volume control)
- Handheld video or electronic games
- Puzzle book, such as crossword and find-a-word*
- Toy with no loose parts, such as See 'N Say™ or Etch-a-Sketch™)

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School Hope Chest Checklist

Cook Children's has a fully operational Fort Worth Independent School District classroom for children in kindergarten through 12th grade. Children who are old enough to attend school and who will be hospitalized frequently or for a long period of time can attend school in this classroom. Many of these children need school supplies to complete lessons and projects.

- Ballpoint pens (black or red ink)
- Elmer's™ school glue
- Fiskars™ scissors
- Folder with pockets and brads
- Multi-color, fade resistant packages of construction paper
- New computer software (Macintosh™ compatible)
- Notebook paper
- Pencils
- Polaroid™ film (600 series)
- Poster paints
- Stickers (used for encouragement)



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Spanish Language Hope Chest Checklist

A stay in the hospital can be stressful and frightening for many children, especially children who speak little or no English. Many members of the staff cannot speak or understand Spanish and communicate with these children and families through translators. Items included in this checklist help our staff bring comfort to children who speak Spanish as their first language.

- Children's book in Spanish
- Spanish language toy (like a See 'N Say™ or other talking preschool toys)
- Spanish music CD (with no parental warning labels please)
- Spanish video (G or PG rating only please)



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Game Day Hope Chest Checklist

Board games are used in many areas of the hospital and benefit patients in many ways. Games encourage children and teenagers to play together and to get to know others who are sharing some of the same experiences. They allow children to feel successful, learn new things and have fun. Games provide entertainment in a patient's room. Families also enjoy the quiet bonding time experienced when playing a game together.

- Battleship™
- Clue™ and Clue Junior™
- Connect Four™
- Dominoes
- Game supplies (automatic card shuffler, extra die, plastic colored chips)
- The Game of Life™
- Monopoly™ and Monopoly Junior™
- Video games: Nintendo 64™, Game Boy™, Game Cube™, X-Box™, and Play Station II™
- Playing cards (regular and novelty, like Old Maid, Go Fish, etc.)
- Preschool games (not Candyland™ or Chutes and Ladders™ please)
- Sequence™ or Sequence Dice™
- Sorry™
- Teen games
- Trouble™ or Frustration™
- Uno™ cards
- Yahtzee™

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