

# Child Life Specialist Video Transcript

## Intro

I'm Laura and I'm a Child Life Specialist.

A Child Life Specialist is someone who works with our patients and their families to really help them cope with the hospital experience when patients are having medical procedures.

It's a strange environment with strange people, they're uncomfortable, they're scared they're worried.

Then, have you take some nice slow deep breath one of the things that we can do is help educate patients before a medical procedure.

Let them know what they might experience and then walk them through some coping techniques so they can be successful.

We might also use distraction tools like iPads or other games to give them something else to focus on.

I think people most associate us with play and play is really important.

In fact, often there's saying that we make healing look like child's play, but play is only one small component of what we actually do.

Childhood specialists work very closely with nurses doctors and other therapists.

We all cooperate to make sure that we're really meeting all of the needs of the patient and her family.

I knew I always wanted to work with kids but when I first learned about child life, I knew immediately that it was for me.

All Child Life specialists who want to be certified need to have coursework in child development and child psychology.

We also need to have an internship where we're studying under certified child life professionals.

It is important to be compassionate to be empathetic but also be a little bit flexible you kind of never know where your day is going to take you.

I think one of the cooler things about my job is that I'm actually able to be present with patients when they're going back to have surgery or when they're in the middle of a medical procedure.

The best is when a child will actually thank me after their procedure, when really, they're the ones that did all the work and I just help them through it.