



SickKids®

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I can do it! You're totally awesome! Never give up! You're stronger than you think you are! You are so brave! Hang in there, you're
are there for you! You are a rock star! You're brave, you're doing great! We are so proud! You are a star! Tomorrow will be
Keep calm and trust those with you. You can do hard things! You are the best! You rock!!! You are not alone. Go get 'em!
You're brave, you're doing great! You're sooo strong! This is tough, but you're definitely tougher! You are bold enough!
We are so proud! Your smile lights up the room! We're always here for you. You are capable of anything. You are amazing!
Think sunshine, lollipops, and rainbows!!! You are capable of anything. Keep smiling my friend! You're amazing! You can
YOU ARE THE CHAMP! Un so brave, keep fighting! The world is cheering you on! Brave is who you are. You've got this!!!!!!
The real magic lies in you! You can do hard things! You are the best! You rock!!! Let's breathe together. You're awesome! Go get 'em tiger, I
You're amazing and strong! Your strength is inspiring. Rooting for you
Slow progress is still progress! Believe, brave fighter. Love
Powerful, strong, inspiring. Your little lights shall shine!!!
There's strength in courage! are stronger than you believe. We're all pulling for you! You'll rock this thing! It's OK to be scared sometimes! You are so le
Hugs with love & care. You Are Brave! Sun shines above the clouds. You CAN do hard things!! Sending you giant, warm hu
One day at a time. You are brave and loved. Sending you positive thoughts! You're strong & so brave. We believe in you!
Sending you positive thoughts! You are a ray of sunshine sweetie. You Are Brave! happy thoughts really do help. Fightin
You're otter-ly awesome! Never give up always look up! You're a Champ! Keep on truckin. We are here to help. You are cool
Shine on, superstar! Hang tough, you've got this! You're a warrior! The world is a better place with you in it. Way to
Close your eyes, and breathe. Sparkles light your way. You're so brave. Dream Big!



Toby felt icky for so very long,
It knew something was *wibbly-wrong!*
Hiding in its shell, so nervous and scared.



“uh-oh”

it whispered,

“how will I get
repaired?”

Mama hugged **Toby** nice and tight,
Saying, "The doctors may need
us to stay overnight."

"Don't worry,
I'll stay right by your side
to help you feel better,"
Mama replied.

Little Toby wondered,

"what should I bring?"

Mama said,

"Let's play a
game of..."



“...Spot all the things!”

Find and pack one of each with care, to bring to the hospital and be comfy there.



Stuffed toy



Toothbrush & toothpaste



Tablet



Hairbrush



Electronic chargers



Pajamas



A fidget toy



Glasses



A book



Mobile phone



Favourite toys



Non-slip slippers

What else would you like to bring?

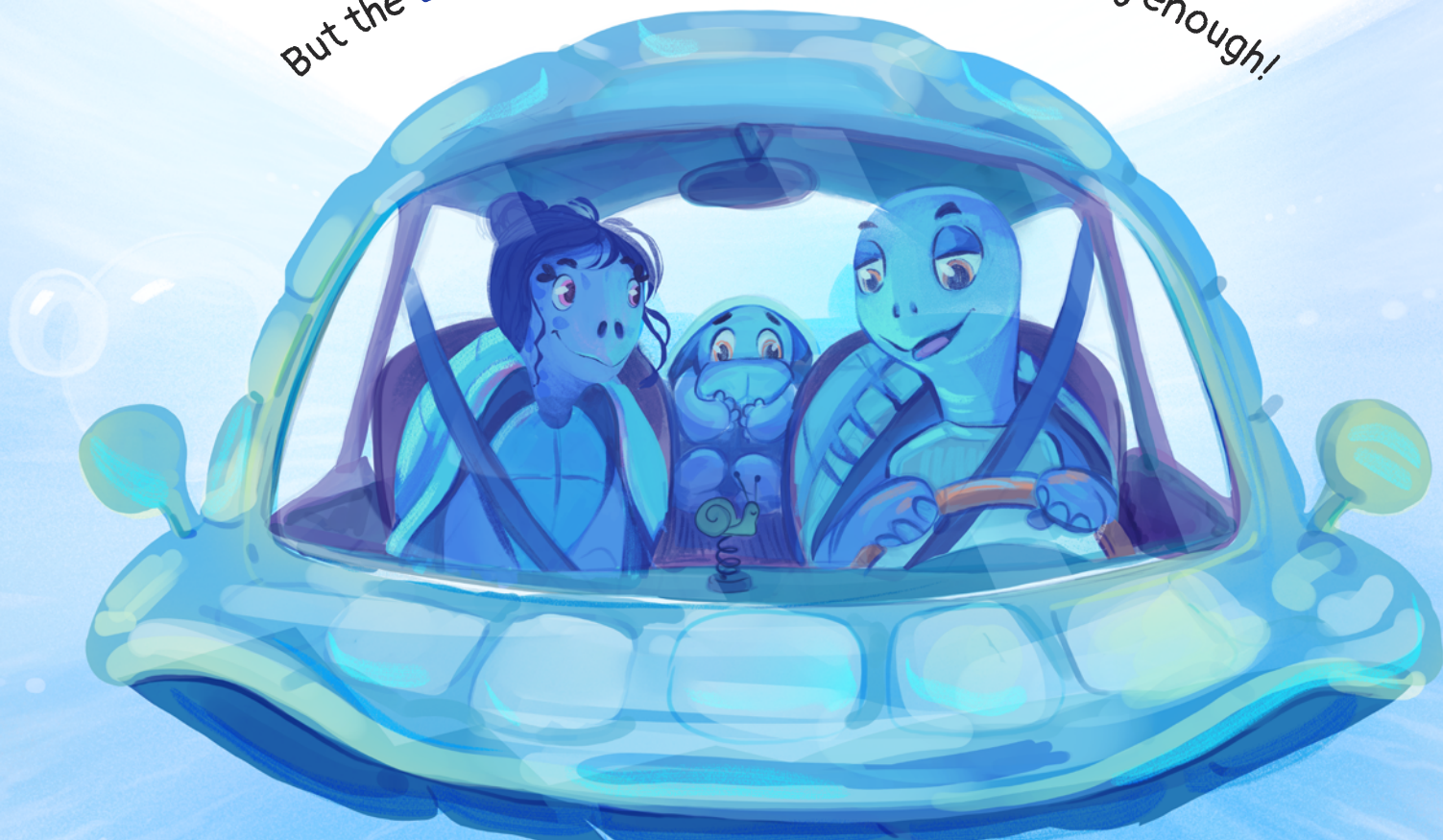


PARENT TIP: PACK AS A TEAM

Help your child feel empowered by packing together and inviting them to choose something that brings them comfort.



Papa drives to the hospital and says, "I know this is tough,
But the **Bravery Map** will show we're strong enough!



Still feeling nervous about today,
But calm breaths will keep fears at bay.

Trace the path on your hand (or your feet!)
From thumb to pinky, then repeat.

As you go **up**,
breathe in slow,
then slide back **down**
and gently blow.

PARENT TIP:
FINGER BREATHING FOR COMFORT

Guided imagery and distraction helps
keep the child's mind busy to focus on the
breathing activity and not the fear or pain.





Now at the hospital,
Toby felt teeny-weeny small.
Beep-beep-beep
went the thingies down the hall.

Then along came
Ollie Otter
to be by Toby's side,
to help bring
comfort, and be a
very special guide.

Hi there!
How can I help?



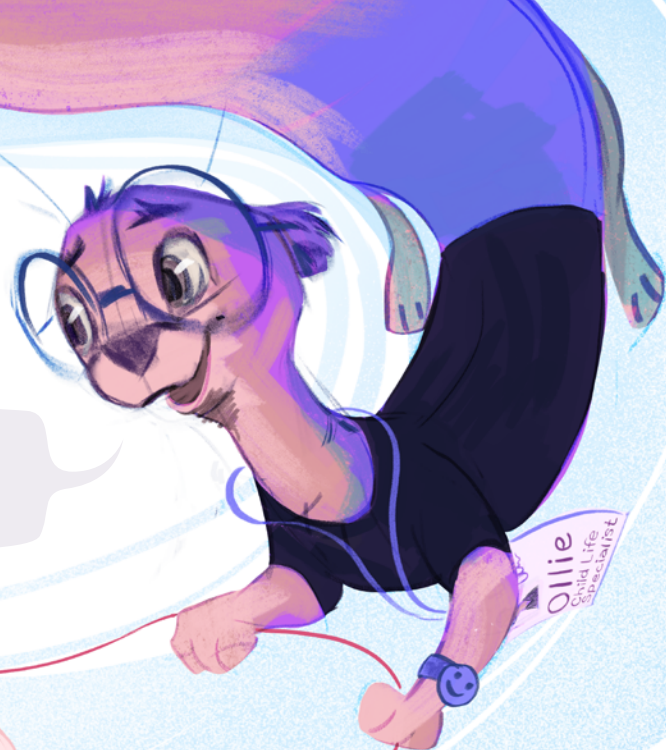
PARENT TIP: EASE WORRIES

Child Life Specialists, like Ollie, help ease little patients big fears at the hospital and answer questions they have.

Ollie says, "It's ok to feel scared or blue.
We'll help your courage shine brightly through."

"For every brave thing that you do,
there are bravery beads waiting for you!"

Here are **3 beads**
for coming today!



PARENT TIP: BRAVERY BEAD PROGRAM

SickKids patients can earn a bead for every act of courage. Each kid's unique journey is represented by beads earned for every procedure, surgery, scan, poke, admission, and hospital stay.

Now it's time for a
quicky-quick blood test,
Let's learn and prepare
for this bravery quest.

Explore with your senses
and have some fun too.

**Match the items
to learn how
bloodwork can
feel to you!**



Arm rubber band



Freezing
spray



Alcohol wipe



Needle



Cotton ball



is cold
like snow



HUGS
squeezes
like a hug



is like a
poke



is soft like
sheep



tickles



PARENT TIP: BRAVERY DURING BLOODWORK

Kids can be sensitive to new sights and sounds, so explaining bloodwork sensations helps your child feel prepared and reassured on what to expect.





Toby feels jittery about
the poke today.

So imagine blowing
bubbles to shoo fears away.

Breathe in through the nose, nice and slow.
Then blow out of the mouth and let it go.

Keep breathing as you count to 10,
or keep going again,
again, and again!



PARENT TIP: MINDFUL BREATHING TO FEEL CALM

Mindful breathing exercises can help the body feel calm
and relaxed, and can be practiced any time, anywhere.



Toby was so brave with
the blood test today,
Earning a bravery bead,

Hip, hip, hooray!

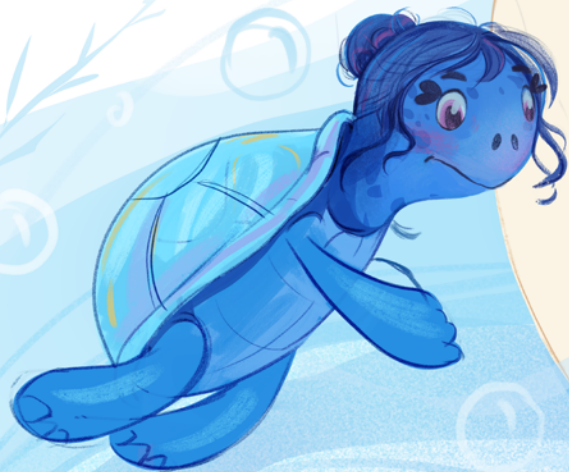


Doctor Sturgeon is prepping
to see Toby soon.

"While we wait," suggests Ollie
"we can do some prep too."

Toby has questions of what? when? and why?

"Let's make a list,"
says Ollie, "it could help
calm the mind."



QUESTIONS FOR DOCTOR

1. If I do an x-ray, will it give me superpowers?
2. Do I still need to hand in my homework?
3. Do my mom and dad stay with me?
4. Can my stuffie sleep over too?
5. Can my best friend visit?
6. Is it true you give popsicles?

7. How will this help me?
8. Will



PARENT TIP: GIVE CHOICE AND VOICE

Turn your checkup into a knowledge quest! Have your child list their questions to help them feel like a brave explorer ready for a big adventure. This can build their confidence.





Although worries felt big, courage grew more,
Toby felt braver than ever before.

Counting all the bravery beads with so much pride,
saying, **"Wow, I did it!"** with a smile so wide.

Being brave can be hard to do,
but Toby did it and **so can YOU!**

I can do it! You have lots of friends! You are all fighters!!! The courage will find you! Let's do this together! Never give up! You're the bravest kid! You're amazing...get 'er done! You are a star! Tom

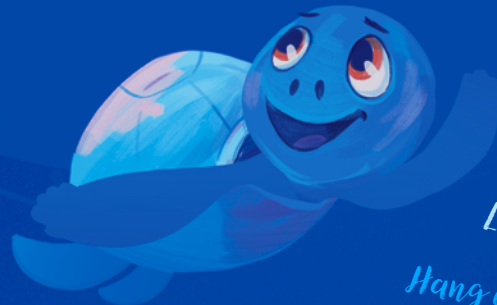
A very special thank you to monthly donors for supporting Child Life Specialist programs.

Your ongoing support brings comfort when patients need it most through therapeutic toys and tools, like this activity book.

We appreciate all those who voted on the main characters, wrote words of encouragement, and helped bring this book to life.

esting is part of recovering. You rock!! mile- today's a gift! Big hugs to you!, A little every day adds up! WOW!

Life is beautiful We are here to help You are co Hang in there...you deserve the best! We're here for Dream Big



Toby discovers inner bravery through exciting, action-packed activities designed to help kids build confidence and courage.

Created with the guidance of **Child Life Specialists**, this activity book gives families fun, easy ways to calm worries, manage anxiety and stress, boost confidence, and feel more prepared for a hospital stay.