

My hospital day



My name is _____



On _____ I am going to the
hospital, so the doctors can fix my
_____.



The doctors will give me a special sleep, so I do not feel anything while they do it.



I might breathe through a soft mask. I can practise: hand over my nose and mouth, breathe out slowly and count to five.



My grown-up will be there when I fall asleep, and when I wake up.



Afterwards something might be sore. The nurses have medicine for that.



Then we go home, the same day.



**I can ask my grown-up anything about it,
any time.**

For the grown-up

When to read it

Later than instinct says: roughly the day before for a pre-schooler, two or three days at five or six, a week from about seven. Say it somewhere ordinary, not at bedtime.

One sentence to say on the day

“I am right here. Take a big breath of the funny air, and I will see you when you wake up.”

Why each line is worded this way

heroofyou.com/social-stories/day-surgery

Sources

Moorfields Eye Hospital NHS - Your child's general anaesthetic
moorfields.nhs.uk/children-and-young-people/your-childs-general-anaesthetic

NHS - General anaesthesia
nhs.uk/tests-and-treatments/general-anaesthesia/

Children's Healthcare of Atlanta - Talking to my child about surgery
choa.org/parent-resources/surgery/talking-to-my-child-about-surgery

Nationwide Children's - Preparing the preschooler for surgery
nationwidechildrens.org/conditions/health-library/preparing-the-preschooler-for-surgery

NHS Health Careers - Health play staff
healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/corporate-services/health-play-staff/health-play-staff

The advice here is the same as on our day operation page, whose NHS sources were read on 22 September 2026 and the two American ones on 23 September 2026. Eating and drinking times are on your hospital's own letter: follow it exactly, and where this story and the letter disagree, the letter wins. Ask the children's ward whether a health play specialist can see your child before the day. Nothing here is medical advice.

Free to print, copy and share at home, in class or in clinic. The pictures come from The Bravest Checkup, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: hospital day

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



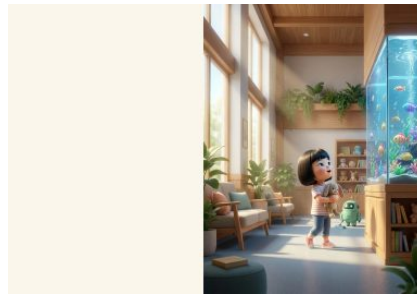
1 Going to hospital



2 A special sleep



3 Breathe and count to five



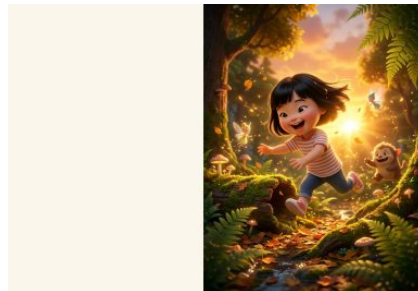
4 My grown-up is there



5 Medicine for sore bits



6 Home the same day



7 I can ask anything

Draw your own card