



## The Child Life Profession:

Children can experience a variety of challenging life experiences that can be a scary or difficult for children and their families to overcome on their own. The goal of Child Life is to **minimize stress and anxiety, create psychosocial wellbeing and balance in all avenues of life and to teach children and their families long-term, positive coping strategies for a successful future.**

## Who Are Child Life Specialists?

Trained professionals with either a bachelor's or master's degree in a field of study specialized in child development as it relates to releasing pediatric psychosocial stress and improving long-term healthcare outcomes. Professionals who earn national certification as a Certified Child Life Specialist have added education and experience recognizing the unique needs, stressors and challenges of both hospitalized children and community-related issues that impact a child's development and ability to cope positively.

**Part of the healthcare team:** Working closely with physicians, nurses, respiratory therapists, ER technicians, social workers and community professionals that advocate for children's rights, their health, safety and psychosocial wellbeing needs.



### **The Root Of It Centre For Well-Being**

Email: [healing@therootofit.ca](mailto:healing@therootofit.ca)

Telephone: 289-925-3377

Website: [www.therootofit.ca](http://www.therootofit.ca)

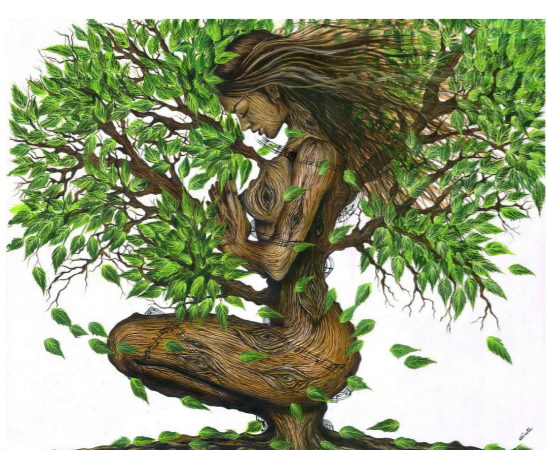


## **Child Life Specialist's will:**

Child life is a profession that offers psychosocial support for infants, children, youth and families experiencing stressful life events, particularly as they relate to health care and challenging life experiences.

## **Child life programs strive to:**

- Promote coping through play, preparation, education and self-expression
- Promote optimum development of infants, children and youth (ages 0-18 years) as well as support families in psychosocial healing
- Maintain normal living patterns and help alleviate the stress and anxiety children and their families may encounter as a result of the hospitalization/health care or life altering experiences
- Child life specialists provide opportunities for therapeutic and diversional play, prepare children for and assist children during medical tests and procedures through education, rehearsal, and coping skill development, and support families during hospitalization or challenging events. Child life professionals support a philosophy of "family centered care" in health care or community facilities



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## Call Your Community Certified Child Life Specialist If Your Child ...

- Is experiencing anxiety or emotional overwhelm
- Has suffered a traumatic experience that is negatively effecting their emotional or physical health
- Is struggling with difficult life transitions such as separation, divorce, loss, bullying, grief....etc
- Regular habits are being negatively affected by emotional disturbances
- Is exerting negative behavioral patterns or has low-self esteem
- Has been negatively affected by bullying or a school crisis
- Has developed unexplained fears and is unable to cope with certain situations
- Has been negatively affected by hospitalization, illness or another type of trauma
- Fears medical procedures or clinical settings like dental or hospital visits and "requires sedation" due to high anxiety
- Suffers from needle phobias
- Has developed aversions or negative habits
- Has difficulty coping with a learning disability or any other life situation



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