

THE
HOSPITAL ACTIVITY BOOK

for children ☺

25 YEARS

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Child Victim Enfants Victimes



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NEW BRUNSWICK VICTIM SERVICES CHILD VICTIMS

Sometimes, children have to testify in court because they were victims or witnesses of crimes. This involvement with the criminal justice system can be a very confusing and frightening experience for both children and their parents.

Children may think that they have done something wrong and fear that they may be punished. They may also be afraid of the accused. At this difficult time, children and their parents can receive assistance from Victim Services, Department of Public Safety.

Two key programs offered to children include referrals for Trauma Counselling by qualified therapists if required and support throughout the Court process.

A child who is well prepared for the experience of testifying is more likely to feel less stress and be able to provide quality testimony.

HOW CAN WE HELP?

Our service can provide help to child victims or witnesses in the following ways:

- Tell about the criminal justice system
- Explain the court process and help prepare children for court
- Take the child on a tour of the courtroom and meet the Crown prosecutor
 - Help apply for compensation for victims of crime
 - Help prepare victim impact statements
- Make referrals to other agencies that can help children
 - Keep the family informed of the status of the case

HOW CAN YOU REACH US?

The police, Crown prosecutor, or an agency may refer to Victim Services. You can also contact a local office at the numbers provided.

SERVICES AUX VICTIMES DU NOUVEAU-BRUNSWICK LES ENFANTS VICTIMES

Des enfants doivent parfois comparaître devant le tribunal parce qu'ils ont été victimes ou témoins de crimes. Cette implication avec le système judiciaire s'avère une expérience aussi troublante que traumatisante autant pour les enfants que pour les parents.

Les enfants se sentent souvent coupables de fautes et craignent d'être punis. La plupart du temps, ils ont peur de l'agresseur. Durant cette période difficile, parents et enfants peuvent recevoir de l'aide des Services aux victimes d'actes criminels, de la Sécurité publique.

Les deux principaux programmes d'aide offerts aux enfants comprennent : des sessions de thérapie avec des spécialistes en traumatisme et un soutien tout au long des procédures légales.

L'enfant bien préparé pour cette expérience ressentira beaucoup moins de tension et par le fait même présentera un témoignage beaucoup plus juste et précis.

COMMENT POUVONS-NOUS T'AIDER?

Si tu es victime ou témoin d'un crime, notre service peut t'aider de diverses façons :

- en te renseignant sur le système judiciaire
- en t'expliquant le processus de la cour et en t'aider à te préparer
- en te permettant de faire une visite au tribunal et en rencontrant le représentant de la couronne
- en t'aider à remplir le formulaire de demande d'aide pour l'indemnité des victimes de crimes
- en t'aider à préparer la déposition à titre de victime d'actes criminels
- en te référant à d'autres personnes ressources qui aident les enfants
 - en tenant ta famille au courant de la nature du crime juridique

COMMENT NOUS REJOINDRE?

En contactant le service de police, l'avocat de la couronne ou par l'intermédiaire d'un organisme qui te dirigera vers les personnes ressources en relation d'aide aux victimes. De plus, tu peux composer les numéros suivants pour rejoindre des préposés aux bureaux régionaux.

Welcome to another wonderful edition of The Hospital Activity Book for Children

This special book belongs to:

Territory: New Brunswick

Issue: 1 - 2021

President & Publisher:

Rob Suggitt

General Manager:

Melanie Smith

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We constantly strive to enhance our publication and we appreciate your feedback. Drop us a line:

1-877-413-6163 OR info@habfc.com



For more information on Make-A-Wish Canada: www.makeawish.ca

Message to Business Owners & Parents:

This book has been specially designed just for children who are sick, injured, or at risk in New Brunswick. We are in our 26th year of producing this book, and well over one million copies of the book have been provided to children across Canada over this period of time.

Up to 5000 books will be distributed to participating hospitals, health care centres, and various victim service programs where they will be given free to children of all ages. A sincere thank you to the local businesses who have generously contributed their time and money to help make this book possible. The names that appear in this book are the supporting businesses that make this book possible.

Recognizing the ongoing support from the business community and furthering our cause to make wishes of children come true,

The Hospital Activity Book for Children proudly maintains a partnership with **Make-A-Wish Canada**, for which we are a National Platinum Sponsor. Since partnering with **Make-A-Wish Canada** in 2012, we have provided over \$800,000 to assist in making wishes come true to as many children as possible.

Message to Children:

Sam, Sandy, and their dog Simon, are present throughout the activity book to guide you through the terrific assortment of games. By learning about the importance of sharing your feelings with people you trust, recognizing your dreams, colouring many pictures and figuring your way through a variety of puzzles, we will ensure your days are fun-filled!

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Bienvenue dans une autre merveilleuse édition de The Hospital Activity Book For Children

Ce Livre spécial appartient à:

Territoire: New Brunswick
Issue: 1 - 2021

Président et éditeur:
Rob Suggitt

Directeur général:
Melanie Smith

Responsable comptable:
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Designer graphique:
Cailey Welk
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Stephanie Ross

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Susan Cooper

*Nous nous efforçons constamment d'améliorer notre publication et nous apprécions votre retour d'information.
1-877-413-6163 OR info@habfc.com*



Pour plus d'information sur
Make-A-Wish Canada: www.makeawish.ca

Message aux Propriétaires d'entreprise et aux Parents:

Ce livre a été spécialement conçu pour les enfants malades, blessés ou à risque au Nouveau-Brunswick. Nous en sommes à notre 26e année de production de ce livre, et bien plus d'un million d'exemplaires du livre ont été fournis aux enfants partout au Canada au cours de cette période.

Jusqu'à 5 000 livres seront distribués aux hôpitaux participants, aux centres de soins de santé et à divers programmes de services aux victimes, qui seront distribués gratuitement aux enfants de tous les âges. Un sincère merci aux entreprises locales qui ont généreusement contribué leur temps et leur argent pour aider à rendre ce livre possible. Les noms qui apparaissent dans ce livre sont les entreprises de soutien qui rendent cette livre possible.

Reconnaissant le soutien continu du milieu des affaires et faisant avancer notre cause pour que les souhaits des enfants deviennent réalité, le Cahier d'activités de l'hôpital pour enfants maintient fièrement un partenariat avec Make-A-Wish Canada, pour lequel nous sommes un commanditaire platine national. Depuis notre partenariat avec Fais-Un-Vœu Canada en 2012, nous avons fourni plus de 800 000 \$ pour aider à réaliser les souhaits du plus grand nombre d'enfants possible.

Message Aux Enfants

Sam, Sandy, et leur chien Simon, sont présents tout au long du livre d'activités pour vous guider à travers l'incroyable assortiment de jeux. En apprenant l'importance de partager vos sentiments avec des personnes en qui vous avez confiance, en reconnaissant vos rêves, en coloriant de nombreuses images et en vous frayant un chemin à travers une variété d'énigmes, nous veillerons à ce que vos journées soient amusantes!

Fiers Partenaires Avec



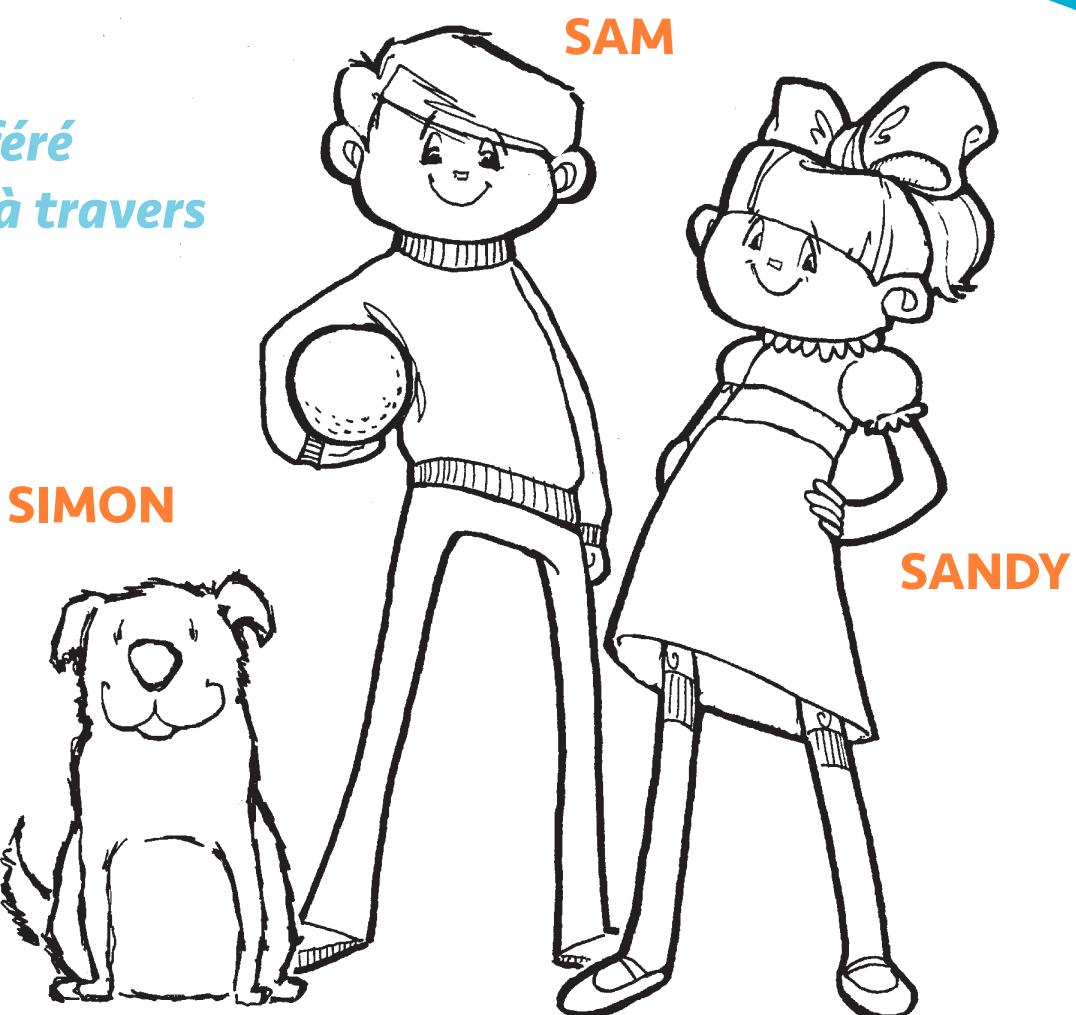
Your favourite trio will help you through this book!

**Ton trio préféré
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ce livre!**



Bumbler the bee will
be hiding throughout
this book - try to find
him as many times as
you can!

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autant de fois que vous le
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Hi Kids!

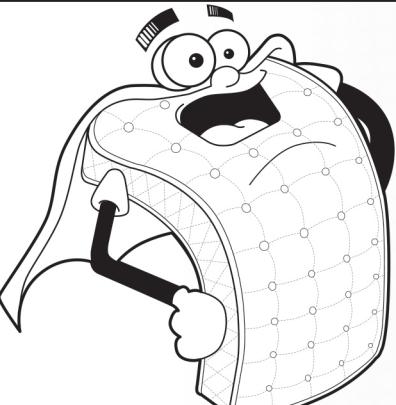
Some notes for WHILE YOU'RE HERE...

All of us who work here at the hospital want you to know that we are here to make you feel better. You might even make some new friends along the way!

Well, I guess your own doctor has explained to you why you need to be in the hospital. First, you have to go through 'admitting'. That's where your parents and the hospital staff write down a bunch of stuff about you. Then you will get a bracelet with your name on it that you get to wear the whole time you're here. They like to keep things clean around the hospital, so you might have to use special soap and shampoo when you take a bath. Don't worry about being alone though, your mom and dad can stay with you all the time!

One thing is for sure, you won't be bored! Hospitals have lots of fun things for kids. Just ask your nurse about activities that you might be able to do - they will have lots of ideas. If you think you might fall behind in school while you're here, many hospitals have school rooms you can attend. There might even be a teacher that can come to your room.

Sometimes you will get special meals that are different than at home, but they are made to help you get better. If you're having an operation, you might not be able to drink or eat for hours before. Just remember that it's not because anyone has forgotten about you, it's just that eating or drinking can make you sick during the operation. I hope we have answered some of the questions you might have been thinking about. If you have any other questions, just ask the nurse or doctor and they will be able to fill you in.



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Bonjour Les Enfants!

QUELQUES NOTES pour pendant que vous êtes ici..

Nous tous qui travaillons ici à l'hôpital voulons que vous sachiez que nous sommes ici pour vous faire sentir mieux. Vous pourriez même faire de nouveaux amis le long du chemin!

Eh bien, je suppose que votre propre médecin vous a expliqué pourquoi vous devez être à l'hôpital.

D'abord, vous devez passer par «admettre». C'est là que vos parents et le personnel de l'hôpital écrivent un tas de choses sur vous. Ensuite, vous recevez un bracelet avec votre nom que vous portez tout le temps que vous êtes ici. Ils aiment garder les choses propres à l'hôpital, alors vous devrez peut-être utiliser du savon et du shampoing spécial lorsque vous prendrez un bain. Ne vous inquiétez pas d'être seul, votre maman et papa peut rester avec vous tout le temps!

Une chose est sûre, vous ne vous ennuierez pas! Les hôpitaux ont beaucoup de choses amusantes pour les enfants. Il suffit de demander à votre infirmière des activités que vous pourriez être en mesure de faire - ils auront beaucoup d'idées. Si vous pensez que vous pourriez prendre du retard à l'école pendant que vous êtes ici, de nombreux hôpitaux ont des salles d'école auxquelles vous pouvez assister. Il pourrait même y avoir un professeur qui peut venir dans votre chambre.

Parfois, vous obtiendrez des repas spéciaux qui sont différents de chez vous, mais ils sont faits pour vous aider à aller mieux. Si vous faites une opération, vous pourriez ne pas pouvoir boire ou manger pendant des heures avant. Rappelez-vous juste que ce n'est pas parce que quelqu'un vous a oublié, c'est juste que manger ou boire peut vous rendre malade pendant l'opération. J'espère que nous avons répondu à certaines des questions auxquelles vous pensiez. Si vous avez d'autres questions, il suffit de demander à l'infirmière ou au médecin être en mesure de vous remplir.



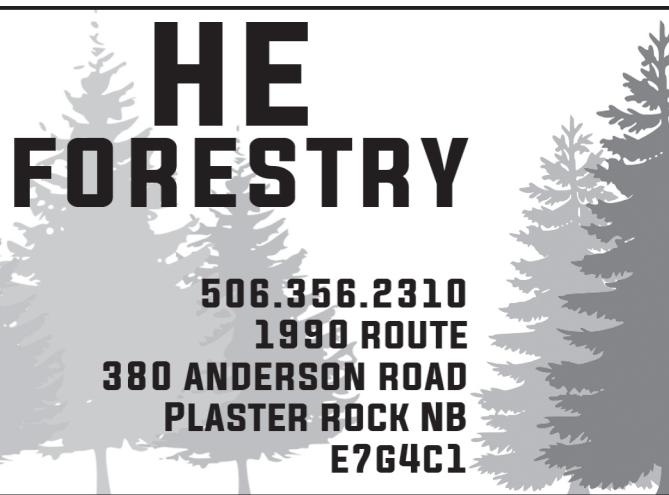
Angela English, MBA P.Eng.
CEO

PO Box 3607 Fredericton, NB E3A 5Lz
Bus. 506.460.8060 F. 506.460.8069
angela@dunbarconstruction.ca

SPIRAL OF HAPPINESS

There are some **special words** that make us **feel good inside** and give us **happy feelings**. Look into the spiral and see if you can find them. **Write down the special things** that make you feel good. If you're ever feeling sad, you can remind yourself of your happy thoughts by turning to this page.

The spiral on the right contains hidden words. See how many words you can find. One of them has been done for you to get you started. Solution on page 24





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Get well soon kids!



NOT ALL HEROES WEAR CAPES...



To be a hero is to be brave, to be strong, and to fight for the good in the world!

When you think of heroes, you might think of Superman, Batman or Wonderwoman. As fantastic as they are, not all heroes are characters in your favourite comic or movie. A hero could be right beside you; or even you, yourself, could be someone's hero.

When you get hurt or sick, you will go through a line of heroes to ensure the quickest, safest and most healthiest way to make sure you get better. At first, you will be surrounded by lots of different faces, questions and tests, and they may not seem like heroes, but we are here to help you see why they do what they do, and why they truly are heroes without capes!

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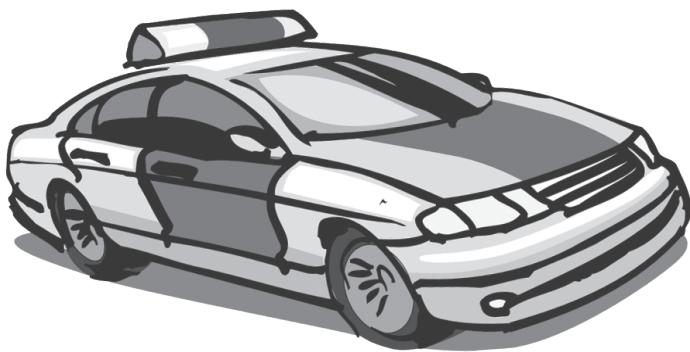
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*Metepenagiag Heritage Park
2156 Micmac Rd Red Bank, NB
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AMBULANCE

These are the people you will see the most of. EMTs and paramedics will make sure they check every limb and will get you stable for your trip to the hospital. Like Superman and Wonderwoman, they are here to save the day!



POLICE

Sometimes the police can be scary, because they have a serious job to do. They have to protect you and everyone around you from danger. The police can make sure that other people keep a safe distance and directed to the safest area. They move quickly, like the Flash.



FIRE DEPARTMENT

The fire department does more than just put fires out. Like the police, firefighters will make sure no more harm will come to you or the people around you. They are usually the first ones to arrive, and make room for you and the people you need. Like the Fantastic 4, they are a team!

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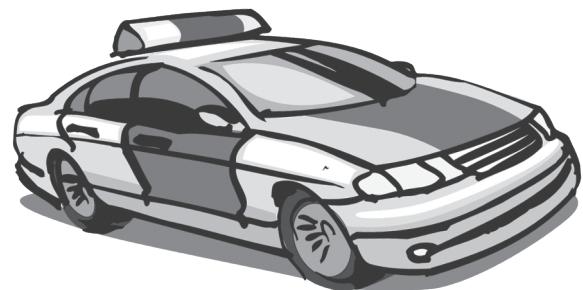
I FELL ON MY STREET

Bradley fell on his street, so he should stay still to make sure he stays safe. This means that other people and vehicles need to give him space. Which team can help clear the way?



I'M REALLY SCARED

Accidents are really scary, but the pros move FAST. This team will arrive quickly and let everyone down the line know what Bradley needs. Who will speed through to make sure Bradley gets his help?



MY ARM HURTS

Bradley may be hurt and scared, but there are people that will stabilize him so he won't hurt as much until he gets to the doctor. Who will keep Bradley safe and stable, as well as get him to the doctor as fast as possible?



Solution on page 24

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NOT ALL HEROESWEAR CAPES....

SCENARIO MATCH

A

1

B

2



Now that you have learned a few things from the **previous page**, let's see if you can help Sandy out. Sandy's friend Bradley has slipped on his scooter on his street. Bradley seems to be hurt. He does not know who he will see on his trip to the doctor. Can you help him match his questions to the services? **Match the right service to the right question!**

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--	---

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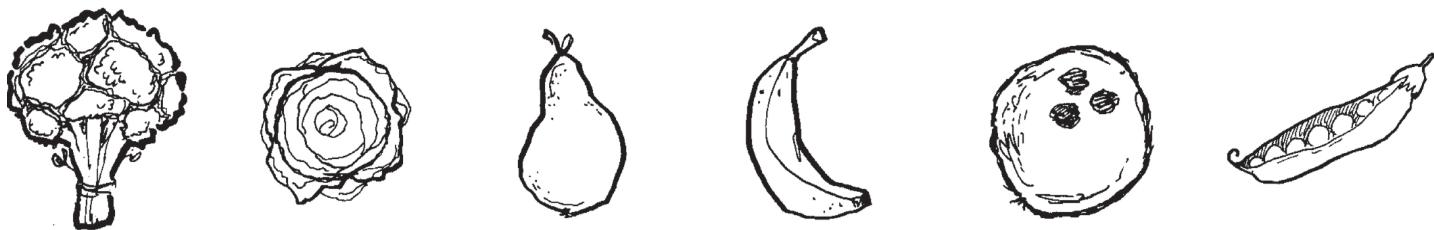
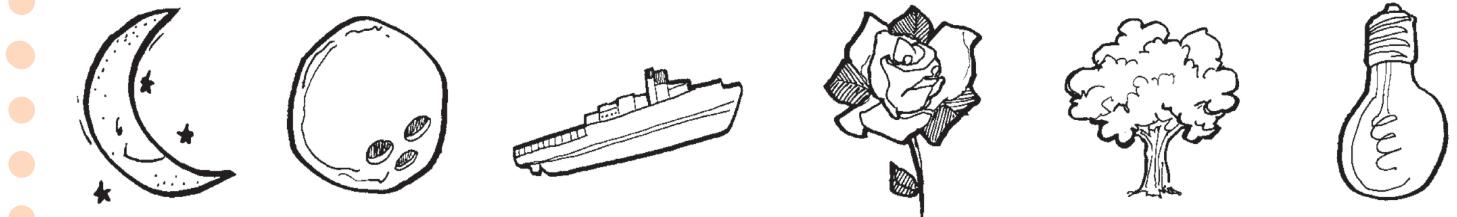
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Solution à la page 24

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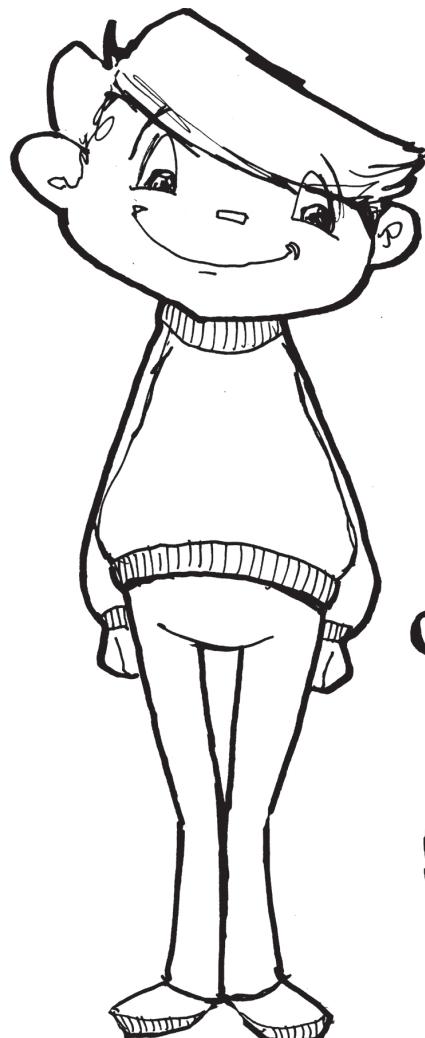
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WE HOPE YOU GET WELL SOON!

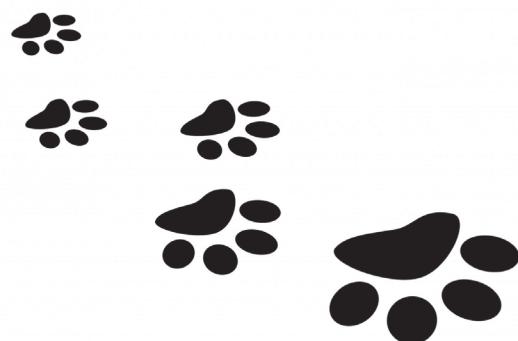
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What will you draw in the frame?
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Simon EST PERDU



Pouvez-vous aider Simon à
ramasser tous ses os de chien
et à retrouver son chemin?



Solution à la page 24

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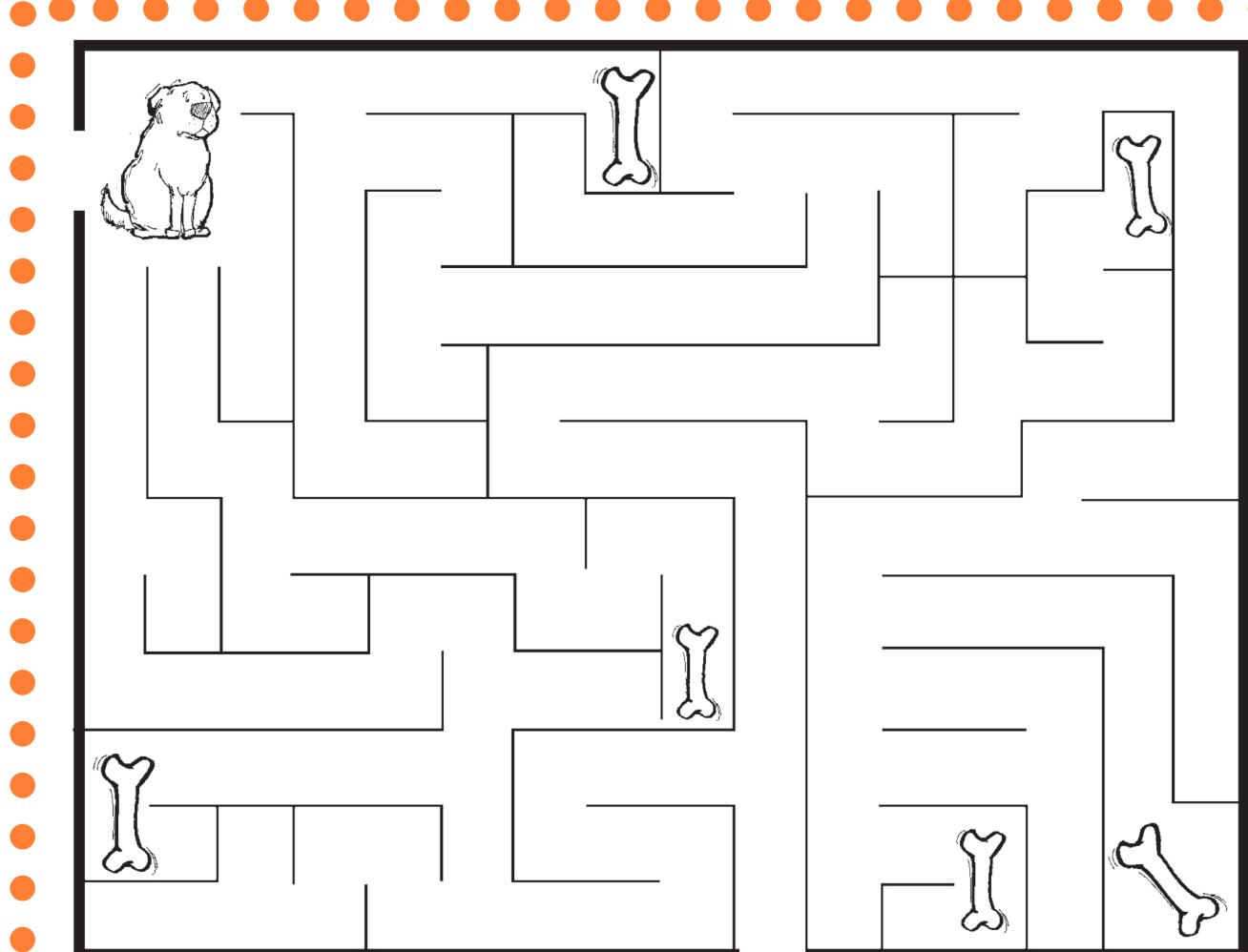
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we hope you make a speedy
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We hope you get well soon!

My Body is My Own; A CHILDREN'S BILL OF RIGHTS

Have you ever heard a little voice inside your head telling you, "***this doesn't feel right***" or "***I wonder what I should do?***" or "***this is fun!***" Have you ever had a gut feeling right in your stomach telling you whether you feel good or bad about a certain situation? When you doubt these feelings, you must not be scared and always remember to **trust yourself!**

Talk about your gut feelings for any reason, you have to honour your feelings and trust them. You have the right to talk about whatever you need to, to ensure that all your needs are met. Read your **Bill of Rights** out loud on the next page so Sandy can you hear you, nice and clear! Once you've finished that, ***fill in your own right that you feel you deserve!***

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I HAVE THE RIGHT TO:

- 1. Learn and ask questions**
- 2. Seek help**
- 3. Laugh and be happy**
- 4. Express my feelings**
- 5. Take care of myself**
- 6. Follow my dreams**
- 7. Do things for myself**
- 8. Protect my mind and body**
- 9. Receive and give affection**
- 10. Be proud of my work**
- 11. Be the best that I can be**
- 12. Love myself, love others and be loved**
- 13. _____**

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Wishing all the kids a quick recovery!

HOW AM I FEELING?



SAD

It's okay to feel sad, and to let people know when you are sad. Sometimes when Simon is sad, like when it's raining and he can't go outside, he is upset. When he is done being sad, he has Sam and Sandy to play games inside with, like checkers!

HAPPY

Being happy is Simon's (and probably yours) favourite feeling! Share your happy feelings with everyone around you, it's good for everyone!



MAD

When someone cuts in line in front of you, or is being a bully, you might feel yourself get angry or upset. Share your feelings of anger as calmly as you can, it's okay to be mad! Like Simon though, he gives himself time to calm down so he doesn't stay mad!

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You will feel lots of different feelings every day. In fact, there are so many, sometimes it's hard to know how we are feeling. Feelings are completely normal, and we should be able to express them when we feel we need to.

Use the area below to draw out how you feel today.

If you are not sure, Simon has expressed some of his feelings on the last page.



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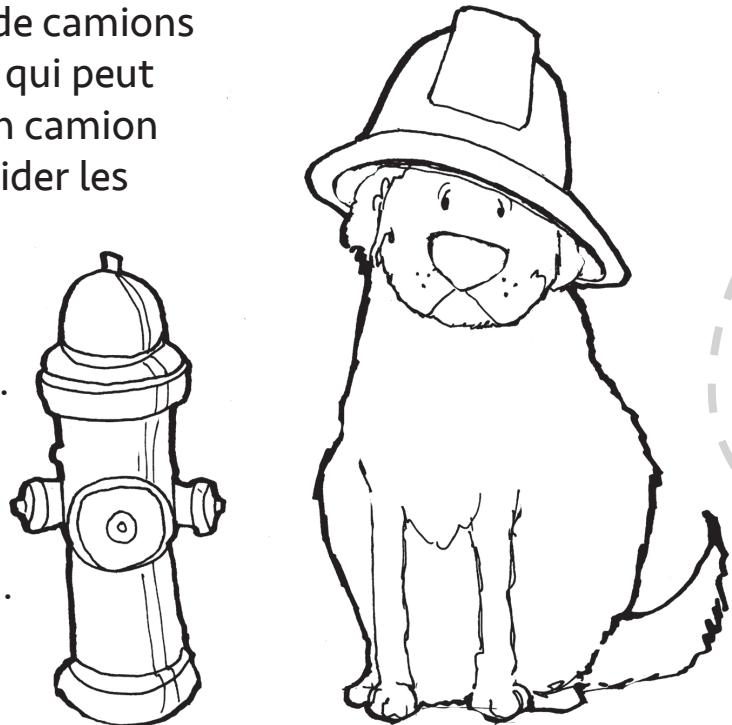
CAMION DE POMPIER

• • • DOT•TO•DOT • • •

Je suis sûr que vous avez entendu une sirène de camion de pompiers avant! Ils sont très bruyants et attirent l'attention, alors sortez de leur chemin!

Saviez-vous qu'il existe 5 différents types de camions de pompiers? Il y a un camion autopompe qui peut pomper 1 250 gallons d'eau par minute! Un camion de sauvetage lourd porte des outils pour aider les gens à sortir des accidents de voiture. Une échelle aérienne jaune camion transporte des échelles et des outils permettre aux pompiers d'atteindre de grandes hauteurs.

Un camion à quintiller (quint signifie 5) a échelles au sol, échelles aériennes, une pompe, un réservoir d'eau et un tuyau. Un camion de barre est utilisé pour les incendies qui brûlent haut, il a 2 volants et 2 pilotes!



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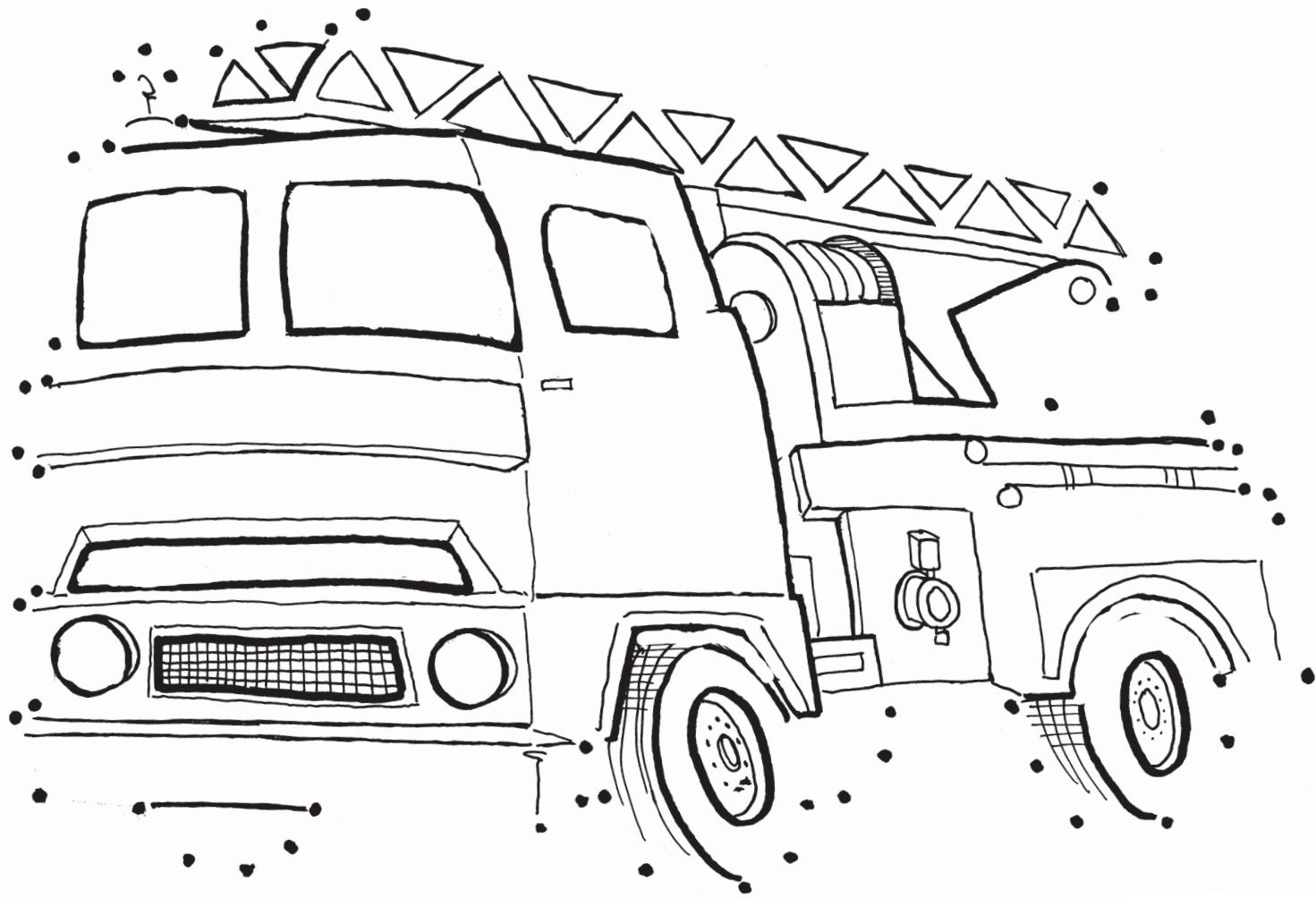
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Marty Wry

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BOGGLED

Using a spare piece of paper, see how many words you can make out of the letters below, no extra letters can be used!

S

T

N

G

E

I

A

E

D

R

L

S

S

E

P

O

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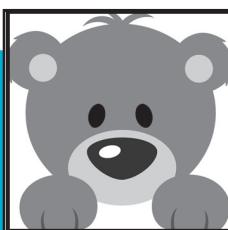
Best wishes & have fun with this book!

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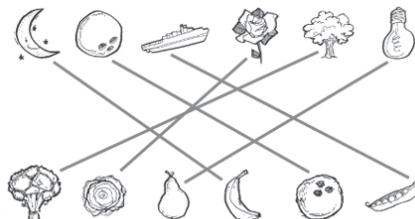
SPIRAL OF HAPPINESS



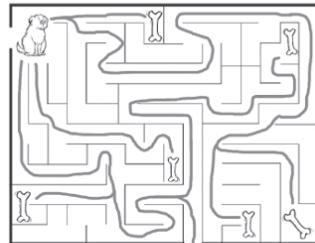
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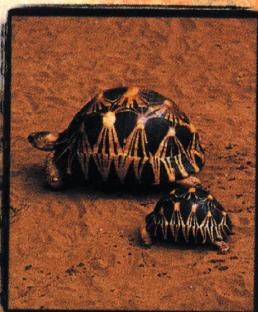
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They peered from their shells, they gazed from the skies,
they stared in amazement, not believing their eyes.
From the dry forest's floor came a rhythmic ruffle,
as a light-footed lemur did the Curly Shuffle.



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What do you want to leave your children? The story?
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*I wish to be
a singer*

Kennyah, 12
blood disorder

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