



WISH BOOK

*A Gift List for
Yale-New Haven Children's Hospital*



YALE-NEW HAVEN
CHILDREN'S HOSPITAL



Dear Friends,

Your kindness over the last five years, funding items from our Wish Book, has made a significant difference for thousands of children. This holiday season, we ask you once again to show your deepest compassion to hospitalized children and their families.

A visit to the hospital is especially stressful when the patient is a child. Our annual Wish Book offers dozens of items that help our youngest patients and their families get through the toughest experiences of their lives. There is nothing harder on a parent than having a child who is ill. And there is nothing more frightening to a child than a hospital stay with all the testing, treatments, and separation from home and family.

By choosing a gift from the following pages, you will have an immediate, positive impact on a sick child. Please be as generous as you can!

With gratitude,

Cynthia N. Sparer

Executive Director

Yale-New Haven Children's Hospital

Providing comfort to children

GIFTS TO REDUCE FEAR AND ANXIETY

Strange surroundings, unfamiliar faces, unaccustomed smells and sounds—a trip to the hospital is traumatic for anyone, but for children, it is especially frightening. The “wishes” in this section will do so much to ease stress and comfort children during a hospital stay.



Stuffed animals

Each child admitted to the Pediatric Emergency Department receives a cuddly stuffed animal—a new friend to help alleviate the fear and stress of a trip to the hospital.

#601 \$10, 1,000 needed

Comfort blanket supplies

Families, friends, and caregivers are provided with a variety of craft supplies to create personalized, cozy fleece blankets for their loved ones to keep nearby for comfort and warmth.

#602 \$5 per blanket, 50 needed

Cough Buddy™

Specially designed post-operative pillow—shaped like a stuffed animal—with a firm and flexible back to serve as a splint for the patient's incision. Cough Buddy helps the patient cough and deep breathe after thoracic,

open heart, or abdominal surgery by supporting the child as she hugs the pillow during recovery, minimizing pain.

#603 \$30, 25 needed

HALO® SleepSack® wearable blankets

These cuddly “sleeping bags” replace loose blankets in the crib that can cover a baby's face and interfere with breathing.

#604 \$17, 100 needed

iTunes gift cards

For purchasing videos and games to distract children during procedures and tests.

#605 \$50, 80 needed

Providing comfort to families

GIFTS TO IMPROVE QUALITY OF LIFE FOR THE FAMILIES OF HOSPITALIZED CHILDREN

Few experiences are more difficult than having a child in the hospital. Uncertainty about the future, the pain of watching a child go through uncomfortable procedures, the challenge of maintaining a sense of normalcy—all these contribute to fear and anxiety. The items in this section are designed to reduce stress and help family members cope.

Strollers

Days and nights are long for a family in the hospital. A stroll around the unit may be just what's needed to provide a bit of distraction. The durable Maclaren Globetrotter stroller offers children a comfortable ride with partial recline. It's simple to fold and store.

#606 \$160, 2 needed

Stroller for children with special needs

A stroll around the unit presents a unique challenge for a child with special needs. The Maclaren Major Positioning Push Chair meets all the needs of parents for an everyday portable stroller to transport their children.

#607 \$600, 2 needed



iPads

iPads have become the go-to communication devices for families at YNHCH, keeping parents, caregivers, and siblings involved and informed about their child's care and condition. iPads allow staff to Skype caregivers who can't always be present at important meetings concerning their child. They are available to families on site for medical research, communication and entertainment. They also enable "virtual" visits with patients under visitor restriction due to flu or other illness. We hope to add iPads to all of our Children's Emergency Department waiting rooms to entertain children and their families as they wait for tests, procedures, evaluations, or results.

#608 \$600, 20 needed

International phone cards

For international patients and families to call home to their loved ones.

#609 \$20 each, 150 needed



"Spa" baskets for tired moms

Gift baskets with items chosen especially to reduce the stress and fatigue that a mother feels after spending long days in the hospital with her child. Includes lip balm, hand cream, face cream, soap, journal, pen.

#610 \$25, 35 needed

Technology device chargers

One source of a parent's or caregiver's anxiety that can be easily eliminated is the worry that her phone, laptop, or tablet will run down its battery. These are loaned out so they can be used at the bedside.

#611 \$25, 30 needed

Meal delivery gift cards for families

Tens of thousands of families visit the hospital every year. Many of them can't bear to leave the side of critically ill children or those undergoing lengthy procedures. These meal cards will allow them to order meals to be delivered so they don't have to leave their children.

#612 \$20, 275 needed

Gift cards to local restaurants for families

For families who spend extended periods of time at the hospital with their child, sometimes a change of venue for meals can lift their spirits.

#613 \$15, 100 needed



Sample size toiletries

Necessities like toothpaste, toothbrushes, soap, and shampoo for families who must remain at the hospital with their child for longer periods of time than they expected.

#614 \$5, 250 needed

Family Resource Center

The Family Resource Center provides space for research, respite, and relaxation to family and caregivers who spend long hours at their child's bedside.

#615 Magazine subscriptions
\$20, 60 needed

#616 Refreshment cart, \$585

#617 Keurig® Brewer
\$250, 5 needed

#618 Coffee, tea, cocoa, and other beverage supplies
\$100 per week, 52 needed

#619 Healthy snacks
\$50 per month, 12 needed

#620 Light dinners (pizza, wraps, mac & cheese) for parents and siblings
\$150, 24 needed

Medical journals for caregivers

To help parents and other caregivers keep track of the confusing and complex details involved in overseeing a child's hospital care—questions and concerns, instructions, medications, names of care providers, procedures, and more.

#621 \$10, 250 needed

Family meditation room

The parents of children admitted to the Pediatric Intensive Care Unit are under an enormous amount of stress. Funds donated for a family meditation room will be used to design and furnish a quiet supportive space for them to be alone or meet privately with doctors or family members.

#622 \$5,000

Headphones that play white noise

To help caregivers block out the noise and activity around them so they can relax and get some sleep while sitting by their child's bedside.

#623 \$5, 250 needed



Helping those in need

NECESSITIES FOR THOSE WHO CAN'T AFFORD THEM

For those with limited financial resources, the stress of having a child in the hospital is often compounded by a host of unanticipated expenses—hospital meals, transportation, and parking costs—just to name a few. The wishes that follow, for things that so many of us take for granted, make an enormous difference to families going through difficult times.

Everyday expenses

To help families manage some of the unplanned expenses they face when a child is in the hospital.

#624 Gift cards to local restaurants
\$25, 100 needed

#625 Gas gift cards
\$25, 250 needed

#626 YNHH cafeteria gift cards
\$10, 500 needed

#627 Parking vouchers
\$15, 500 needed

#628 Pharmacy gift cards
\$25, 100 needed

#629 Walmart gift cards
\$25, 200 needed

#630 Healthy snacks for families
\$200 per month, 12 needed

#631 Activity books to keep siblings entertained in the waiting room
\$5, 40 needed



Infant/children's clothing

The hospital relies on donated clothing, but we often don't have the appropriate sizes and attire for the children who need a change of clothing due to medical procedures or their illness. The smallest hospital gowns are often too big for some infants and children.

#632 \$15 per change of clothing, 100 needed

Car seats

No infant or toddler is allowed to leave the hospital without a car seat. Many families have difficulty affording one.

#633 \$100 each, 30 needed



Toys, activities & fun



GIFTS TO HELP KIDS BE KIDS IN THE HOSPITAL

Being in the hospital often requires children to face experiences and decisions that would be difficult even for adults—frightening diagnoses, painful treatments and side effects, and feelings of sadness from being separated from friends and social activities. All the “wishes” in this section are vitally important—they aim to bring our pediatric patients a few moments of the carefree joy of childhood.

Books for all ages

Board books, picture books, chapter books, and young adult books entertain patients during their hospital visits—and to take home when it's time to leave.

#634 \$20, 170 needed

Boogie Board™ ewriters

Electronic note pads with LCD screens are wonderful tools for children whose illness or treatment prevents them from speaking. Kids can write, draw, or play tic-tac-toe using a stylus—or even with a fingernail. Easily erases with a touch of a button.

#635 \$40, 20 needed

Hospital stay scrapbooking supplies

When pediatric patients and their families are supplied with scrapbooking supplies, they can document their experience, record medical information and milestones, and remember the positive moments and caring people that will inevitably be part of their stay. Constructing these scrapbooks—which become important keepsakes for the entire family—is creative and therapeutic.

#636 Polaroid 33 instant camera, \$70

#637 Polaroid 300 film, \$11, 25 needed

#638 Scrapbook craft supplies, \$300

#639 Button maker, \$32

PlayStation®4 video game system

To entertain and distract children who can't get out of bed after surgery.

#640 Console, \$399, 2 needed

#641 Video games, \$20, 20 needed

Interactive wall toys

Fun, sturdy, wall-mounted toys keep children busy in the waiting area or exam room.

#642 \$50, 10 needed

Free standing iPad stations

Secure kid-sized stands for iPads allow children in waiting rooms to play games and engage in creative activities, while protecting the devices from damage or theft. Games are included.

#643 \$200, 5 needed



Find more Wish Book items at: ynhhwishbook.org

Critical first days

NEONATAL INTENSIVE CARE UNIT



The NICU provides intensive care, consultative support and neonatal transport services for critically ill newborn infants in Connecticut and beyond. Yale-New Haven opened the world's first NICU in 1960. Premature infants and babies with congenital abnormalities or long-term problems receive the best care possible from teams of physicians and other care providers with expertise in every relevant specialty.

Family support activities

Activities are scheduled for families of NICU patients to provide supportive interaction as well as opportunities for fun and relaxation.

#644 Scrapbooking supplies:

scrapbooks, paper, stickers, stencils, and stamps
\$20 per kit, 40 needed

#645 Onesie/bib decorating supplies:

onesies of various sizes, bibs, stencils, and fabric paint
\$15 per set, 25 needed

Sibling Saturdays

One Saturday each month, siblings are invited to participate in a special program designed just for them. Story time is followed by a related craft, in which the sibling has the opportunity to make a gift for Mom, Dad, or the new baby. Books, coloring books, crayons, markers, paints, picture frames, t-shirts, refreshments, etc.

#646 \$400 per event, 12 needed



Crib mobiles

Crib mobiles—in addition to being cheerful additions to the NICU—provide a range of benefits to newborns, from stimulating vision and hearing to enhancing the development of motor skills.

#647 \$50, 5 needed

Milestones Program

Many milestones are met by infants while in the NICU—and although some may be heartbreaking, many are wonderfully positive. Crucial “firsts” and other important moments pass quickly and may only happen once. Families are so grateful when unit team members capture these moments on camera and print them as keepsakes.

#648 Digital camera, \$500

#649 Printer, \$250

#650 Photo paper/ink cartridges, \$200

Books for bedside reading

Studies have shown that reading to babies in intensive care can help parents develop the same feelings of intimacy and attachment that parents of healthy newborns cultivate in the days and weeks after a baby's birth. In addition, parents who read to their hospitalized babies are three times as likely to continue reading to them at home.

#651 \$15, 100 needed

SimNewB®

This realistic baby model simulates newborn traits and provides lifelike clinical feedback to staff in emergency medicine courses, ensuring that their performance in an actual medical emergency is efficient and well-rehearsed. It allows multidisciplinary teams to practice each skill that contributes to the successful resuscitation of a patient. Features include the ability to simulate airway complications, breathing, cardiac and circulation issues, vascular access, and sounds exhibited by an infant in distress.

#652 \$24,800

DVD players

For parent education and sibling use at the bedside during visits.

#653 \$100, 4 needed

Healthy snack bags

For families spending long days and nights by their newborn's bedside.

#654 \$100 per month, 12 needed

Stuffed animals

Each newborn admitted to the NICU receives a cuddly stuffed animal.

#655 \$7, 700 needed





Developmental & emotional health

CHILDREN'S PSYCHIATRIC INPATIENT SERVICE

Children's Psychiatric Inpatient Service (CPIS) offers comprehensive, compassionate services in both inpatient and partial hospitalization programs for children with developmental or psychiatric disorders. Parents are encouraged to participate in treatment to help better understand their child, initiate active treatment and develop an effective discharge plan. CPIS is the only facility in Connecticut with a state-accredited special education school onsite.

Journals

Each child is provided with a journal to encourage writing and drawing as an outlet for expressing feelings.

#656 \$15, 20 needed

Projector

For educational and therapeutic group programs, designed to develop new coping skills and build self-esteem, the projector will also be used to show special movies for recreation.

#657 \$300

Mystic Aquarium traveling educational programs

These age-appropriate presentations include hands-on activities and scientific investigations into the animals and habitats of the Connecticut freshwater and Long Island Sound habitats. Instructors bring a variety

of native animals and plants for the children to examine. These enrichment programs provide ongoing education and a welcome distraction to inpatients who may be missing several weeks of school.

#658 \$275, 4 needed

Bring on the Hoopla™ therapeutic recreation program and supplies

This entertaining weighted hoop exercise class fosters cognitive, social, emotional, and physical development.

#659 Bring on the Hoopla™ class, \$200

#660 Weighted exercise hoops \$30, 25 needed

Stress balls

To help children decrease stress and manage their emotions.

#661 \$25 per set of 15, 8 needed

Arts for healing

CREATIVE ACTIVITIES TO HELP KIDS AND FAMILIES COPE

Professional artists, art therapists, and music therapists work with patients in group settings or at the bedside with art supplies, musical instruments, and other expressive media. Such programs are proven to help manage pain, combat isolation, and reduce anxiety. At the same time, the kids learn new skills they can be proud of.

Arts for Healing is 100% dependent upon charitable donations and would not exist without your generosity.

Creative arts guided activities for patients and their families

Visual art, writing, video, and music programs help ease the stress and isolation of the hospital experience. Patients and their families are encouraged to participate in these professionally facilitated, hands-on programs that inspire self-discovery and community.

#662 \$100, 150 needed

Art therapy for teens

Our art therapists coach adolescents—in groups or, when necessary, by the bedside—in a variety of non-verbal

arts activities designed to encourage skill-development, self-esteem, and self-expression.

#663 \$125, 100 needed

Music therapy program in the neonatal intensive care unit

Our music therapists provides live music for gentle stimulation to enhance growth and development, soothing sounds to comfort our most fragile infants, and lullabies and touch to support the bond between newborn and parent.

#664 \$150, 60 needed

Digital storytelling

Using a laptop, video camera, and film-editing software, young children and teens use words, images, music, and sound to express their feelings and experiences in multi-media presentations. In this popular program, patients learn new technologies and visual storytelling skills. Each patient receives a DVD of her or his story.

#665 \$250, 100 needed

Creative writing

Our writer-in-residence works at the bedside to help youngsters use language to express their thoughts and life experiences in poetry and prose. This program publishes a quarterly teen magazine to showcase patients' writing and photography.

#666 \$100 per session, 100 needed

Individualized music therapy for children of all ages

Music therapy helps reduce the traumatic impact of hospitalization. It has been shown to promote coping, pain management, and emotional expression. Our music therapists tailor therapeutic musical activities to each individual's age and interests. These may include music-making, song-writing and recording, listening, lyric analysis, visualization, instrumental play and vocalization.

#667 \$250, 100 needed



Find more Wish Book items at: ynhhwishbook.org

Rehabilitation services

HELPING KIDS LEARN TO FUNCTION IN THE EVERYDAY WORLD

The Pediatric Outpatient Rehabilitation Center is dedicated to providing physical, occupational and speech language therapy to children and adolescents with physical, cognitive or developmental disabilities. Children receive care in private treatment rooms or group play-based therapy settings to best meet their rehabilitation needs.

Diagnostic chair for swallowing studies

This customized device is specially designed to safely position children with complex medical needs during a swallow evaluation to determine whether a gastrostomy tube is necessary.

#668 \$3,200

Mount'n Mover wheel chair mounting system

For children confined to wheel chairs, this flexible system allows a variety of assistive technologies to be conveniently mounted to their chair—including speech generating devices. Dramatically improves independence while in the hospital.

#669 \$4,660

iPad Air 2

Our mission to provide iPads to children who use them as speech generating devices—but who cannot afford them—makes an enormous difference for so many.

#670 iPads with protective cases, \$530, 5 needed

Assistive technology items

White boards and eye gaze boards help our pediatric inpatients with impaired communication to convey their needs to families and caregivers.

#671 White boards, \$20, 25 needed

#672 Eye gaze boards, \$20, 25 needed



Your Gift Matters

Browse through the YNHCH Wish Book and choose from a range of gifts that can help make a real difference in the life of a sick child, a worried parent or a family struggling with illness. Wish Book items make unique and meaningful gifts to mark any occasion or holiday.

Thank You!

FY16



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CHILDREN'S HOSPITAL

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