

Introduction to the ED Self-Care Activity Binder

Audience: ED staff who want to offer additional activities for pediatric patients and their caregivers while boarding with behavioral health conditions in the ED.

Objective: This resource guide contains a no-cost, self-care activity binder for use with caregivers and pediatric patients in the ED. The concept and activities in this binder are adapted from Boston Children's Child Life Services and include mindfulness activities, yoga, etc. to help with managing both caregiver and patient stress while in the ED. This will help provide coping techniques to both caregiver and patient. Please make sure you are familiar with the exercises in the self-care guide prior to giving to patients and caregivers this will help you answer any questions they may have. For use, you only need to print the self-care guide starting on the first page and place into a binder. We would recommend a binder with sleeve pockets containing multiple copies of each page in each sleeve pocket. This will allow you to offer individual sheets to families as needed. Depending on your sitter/observer protocols, sitters/observers can also use this book for activities to do with pediatric patients. The only activity that requires equipment is the dice fitness activity which would use a dice roll to perform.

How to use: Please print out the binder PDF and cover PDF and have the ED staff use the script below to introduce the binder to caregivers. We would recommend printing the script below as a laminated sheet that would be available in your ED with the binder but not in the binder itself.

Content Adapted From:



Below is a script that you can use to explain the self-care activities binder to parents/caregivers

We understand that this period of transition can be difficult and that waiting for answers and plans can feel overwhelming. We have a self-care binder to help you during your ED stay. We know that this is a stressful time for both you and your child. Families have shared that having activities (such as exercises, yoga, etc.) available to pass the time can provide a much needed distraction and stress relief. Additionally, it is believed that children can pick up on a caregiver's level of stress. The items in this self-care binder are helpful for decreasing stress. We encourage you to consider doing these exercises with your child as they can be helpful for both you and your child. When caregivers are able to carve out time for self-care, it is proven to not only benefit the caregiver but also their child. These exercises are a wonderful way to connect as a family and are exercises you can replicate later to do with your child during times of stress.

Please let us know if you have any questions. We are here to support you and your family during this stressful time.

When caregivers are done with the binder and give you back the binder, please do the following prior to putting the binder back:

- Copy and replace any sheets from the page sleeves they may have removed to use with their child
- Wipe down all plastic sleeve pages and front and back covers of the binder with antiseptic wipe