

Families first



SUMMER SAFETY SPLASH

A NEW MISSION FOR MARBLES'
AMBULANCE EXHIBIT

LET'S TALK: PUBERTY 101

SUMMER SAFETY

SPLASH

From water to wheels, WakeMed Children's Emergency Department wants families to learn and follow important safety steps to help keep kids happy, healthy, safe and having fun on hot summer days in the sun.

When temperatures rise outside, Dr. Damilola Joseph, medical director of WakeMed Children's Emergency Department, and mother of two teens, says the number of serious yet preventable child injuries and fatalities tends to rise as well.

"Summer should be a time full of laughter, play and fun, but we sadly see an increase in traumatic injuries and deaths from tragic child drownings and unsafe use of bikes, scooters and other recreational wheeled devices," said Dr. Joseph. "Heat exhaustion and severe sunburn are also big summer concerns, but they are completely preventable."



SAFETY IS IN SEASON

Keep these essentials in mind before heading outside.

Assign a Water Watcher

- Designate an adult who can swim to stay close by and pay constant attention to a child while in and near water.
- Don't rely on a lifeguard to watch a child.
- Ask the designated water watcher to ignore their phone and avoid other activities.
- Be sure to switch out water watchers regularly so the designated adult can take a break.

Wear Sun Protection

- Protect babies under 6 months with clothing and hats, and keep them mostly in the shade.
- Use broad-spectrum sunscreen and lip balm with SPF 30+ for 6 months and older.
- Wear wide-brimmed hats and UPF-rated clothing if possible.
- Choose UV-blocking sunglasses.
- Reapply sunscreen every two hours and after swimming or sweating.

Stay Cool & Hydrated

- Be aware of the signs of heat exhaustion and dehydration.
- Make sure kids drink plenty of water.
- Take lots of breaks from the heat and limit time in direct sun.
- Don't delay in seeking a shady, cooler spot when concerns such as fatigue, nausea and dizziness arise.

THE FACTS

- Drowning is the leading cause of death in children ages 1 to 4.
- Drowning is the second leading cause of unintentional injury death for ages 5 to 14.

Dr. Joseph wants families to make sure young children are not in or near water without constant adult supervision. "They should always be within arm's reach, and parents should exercise every possible precaution when children are near any depth of water," said Dr. Joseph.

Water safety rules should be reviewed and followed by the whole family anytime there are nearby pools, hot tubs, lakes, ponds, rivers, creeks, marshes, oceans, and tidal pools. Drowning risks start with as little as an inch or two of water for young children who can end up face first in kiddie pools, buckets, coolers and bathtubs.

"Never leave children alone in or near water – that includes bathtubs," said Dr. Joseph. "They should always be watched by a dedicated, responsible person who is attentive and prepared to rescue them."

Dr. Joseph recommends all adults brush up on their water safety knowledge and stay vigilant about keeping kids safe. Get started with these steps and visit [healthychildren.org](https://www.healthychildren.org) for more recommendations related to swimming, boating, age-specific tips from infants to teens, and other helpful water safety information that could help you prevent a drowning and even save a life.



Building Layers of Water Safety

Fun in the sun frequently involves making a splash, but the importance of water safety is something that parents should never forget. Whether kids are swimming, fishing, paddling, boating, or just floating, the risk of drowning is real. And sadly, Dr. Joseph says many drownings happen right in families' backyards or at nearby community pools.

- **Make swim lessons a priority for children and adults!**
Read more about the benefits of swim lessons on page 6. Lessons are an important layer of prevention for drowning but remember that children who can swim are still at risk of drowning.
- **Closely supervise children in and near water** – keep them within reach and pay attention at all times. Do not count on arm floats, rafts, tubes or other swim gear to keep a child above water. A designated adult who can swim should be 100% focused on a child who is swimming or playing in or near water. Fatal drownings do occur during brief lapses of attention – it doesn't take long!
- **Be water competent** – learn about drowning risks and safety measures, teach others, and practice safe behaviors in and around water. Parents should help children and other adults in their lives understand the serious dangers of water

“Drowning happens fast – in as little as 30 seconds, and it’s usually silent – kids won’t be calling out for help or even splashing around – they just quietly struggle and quickly end up underwater!” DR. DAMILOLA JOSEPH



MISSING CHILD?

Check the Water First!

Always check pools and areas with water first as soon as you think a child is missing. You may think they can't or wouldn't go there, but studies have shown that many drownings happen when a child was not expected to or supposed to be anywhere near the water.

and be a model of safety. Assess risks, maintain a safety mindset, practice survival swimming, use good judgment, stay alert, and learn how to recognize and safely assist anyone who is drowning or in need of assistance while in the water. Remember, drowning doesn't have to be fatal. Learning the proper steps to help can save a life. Visit redcross.org/watersafety to learn more about drowning and what to do in an emergency.

- **Wear properly fitted Coast Guard-approved life jackets** every time you are near or in open bodies of water. Make sure they are age and weight appropriate. Do not rely on arm floats, rafts or other flotation devices. Review and follow boating-specific safety tips before your family heads out for a day on the water.
- **Prevent any access to pools and bodies of water with fencing.** American Academy of Pediatrics (AAP) recommends that pool fences be four-sided; at least 4-feet high with slats that are no more than 4 inches apart. Gates should always be closed and locked. Pool alarms as well as door and gate alarms can provide an added layer of safety, but alarms should not ever be relied on in place of keeping the area fenced and gates always locked.
- **Store water toys out of the pool** and surrounding area because they may attract toddlers toward the water.

Water Safety Is for Every Age

Parents may be surprised to learn that teens ages 15 to 19 have the second-highest drowning rate and are more likely to drown in open water. As kids get older, they can become overly confident in their swimming skills so keep water safety top of mind for all ages of the family, including adults!

Be sure to talk to your teens about the dangers of drug and alcohol use and how they directly interfere with swimming ability, balance, coordination and judgement. Adults need this reminder as well, and parents' behaviors should set a good example.

WHY SWIM LESSONS

MATTER



Benefits of Swimming

- Builds lifelong water safety skills
- Helps children become more comfortable and confident in the water
- Improves coordination, balance and motor skills
- Provides healthy, low-impact exercise
- Supports physical and emotional well-being



One Skill That Can Last a Lifetime

The American Academy of Pediatrics recommends swim lessons for all children and adults, and some kids may be ready to start as early as age 1.

“Once they begin walking and are more mobile, children are at greater risk of wandering towards and into a backyard or neighborhood pool or other nearby bodies of water,” said Dr. Joseph. “By starting swim lessons early, children between the ages of 1 and 4 can gain early water survival skills that can reduce drowning risks, but it’s just one step of prevention, so parents must continue to carefully watch and keep young children within reach.”

Swim lessons for toddlers usually involve a parent and child with lessons focused on learning safe water habits and basic skills such as floating on their backs. “I encourage families to continue lessons beyond those early years to build on initial survival skills, so children learn to safely get themselves out of the water, tread water, and eventually start swimming with strokes,” said Dr. Joseph.

The AAP’s recommendation for swim lessons is paired with the stark reminder that swim lessons do not make kids drown-proof.

The AAP recommends children with disabilities participate in adapted aquatics swim lessons and recreational aquatics programs, which are known to reduce drowning risk in children with autism and provide benefits in motor skills, behavior and mood.

Swimming offers lifelong benefits beyond safety! “Lessons can help give children a foundation for a healthy activity that they can enjoy for life,” said Dr. Joseph. “It’s a great skill to learn and enjoy from early childhood into adulthood.”

Free/Reduced Cost SWIM LESSONS in Wake County

City of Raleigh Parks, Recreation and Cultural Resources offers financial assistance for swim lessons. For details about available swim lessons or eligibility for financial assistance, visit raleighnc.gov/parks-and-recreation/services/aquatics, email Fee.Assistance@raleigh.gov or call 919-996-4839.

Hope Floats partners swim schools to provide scholarships for swimming lessons or tuition assistance for children who might not otherwise be able to afford swim lessons. Learn more at www.hopefloats.foundation/apply-for-assistance

Triangle Aquatics Center offers the Make a Splash initiative in partnership with the USA Swimming Foundation. Children ages 5 to 12 and their parents may apply online for free or reduced price swim lessons. Eligibility information is listed at www.triangleaquatics.org/programs/make-a-splash/

YMCA of the Triangle’s Swim for Life program provides free swim lessons for both children and adults. Eligibility is income-based. Swim for Life sessions are offered throughout the year at various YMCA branches in Wake County. Learn more at ymcatriangle.org/programs/pools-swim-programs-lessons or contact the aquatics director at a nearby YMCA.



Pack Like a **PRO**

Play it safe on summer adventures and pack like an emergency physician. Dr. Joseph, pictured, recommends bringing more than sunscreen and snacks. The best item you can pack is a plan. Before you leave home, identify a designated water watcher, discuss what to do if someone gets lost, and make sure everyone knows how to get help in an emergency.

- A printed emergency contact card (not just stored in a phone)
- A recent photo of your child on your phone in case you become separated
- Bright-colored swimsuits (some colors are much easier to spot underwater than others)
- Children's medications (allergy medications, inhalers, EpiPens®)
- Bandages and antibiotic ointment
- Tweezers for splinters or ticks
- Instant cold packs for bumps, falls and sprains
- A designated Water Watcher tag, lanyard, or wristband to identify who is supervising
- Mineral broad-spectrum SPF 30+ sunscreen and lip balm and SPF swimwear
- Sunglasses and hats
- A portable phone charger
- Rash guards and/or closed-toe water shoes
- A flashlight
- Insect repellent

Rehydration & Recovery

If a child has symptoms of heat exhaustion and/or dehydration, act fast. If they won't drink enough water, try a sports drink with electrolytes and offer fresh fruit. Be sure to bring:

- A refillable insulated water bottle for every family member
- Extra water for the car in case of delays or breakdowns
- Hydrating snacks such as watermelon, oranges, grapes, or cucumber slices
- A change of dry clothes to help cool down or warm up after water activities

Make Helmets a **HABIT**

- Wear a helmet on bikes, scooters, skateboards and any other recreational wheeled devices.
- Choose a helmet that meets the safety standards of the U.S. Consumer Product Safety Commission (CPSC).
- Make sure the helmet is properly fitted – ask for help if you're unsure.
- Wear the helmet correctly – it should be parallel to the ground when looking straight ahead and shouldn't move around once the chin strap is properly adjusted.
- Don't wear a helmet that is tilting back, moving around on the head, or covering the eyes.

ATV Alert!

Do not let children operate or ride on all-terrain vehicles. The American Academy of Pediatrics (AAP) recommends that children under 16 should not be allowed to operate an ATV. They are motorized vehicles that require reflexes and strength that kids just don't have, and the added speed of ATVs and other motorized devices can lead to more traumatic injuries. According to the AAP, a rollover can lead to trauma to the chest, abdomen, head or spine.



The helmet should sit no more than two fingers above the eyebrow

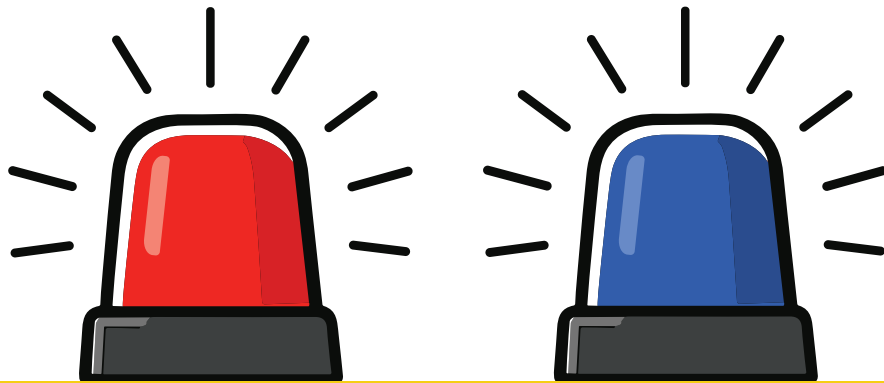


The straps should be adjusted under the ears to form a V



Only one finger should fit under the chin strap

Source: Safekids Aotearoa



Lights. Sirens. Imagination!

**How Marbles and
WakeMed Are Helping
Kids Explore Healthcare
Through Play**



M

arbles Kids Museum and WakeMed Children's have transformed the museum's beloved ambulance exhibit into an immersive hospital and healthcare experience where children can step into the role of paramedic, nurse, doctor or patient.

Through hands-on medical play, kids explore healthcare careers, build confidence and gain familiarity with experiences that can sometimes feel scary in real life.

The Around Town Gallery at Marbles is where kids playfully explore how people live and work, and our kid-sized version of the community would be incomplete without To the Rescue, WakeMed's hospital and ambulance exhibit," said Robin Mangum, director of learning engagement at Marbles Kids Museum.

At the grand opening in June, kids were immersed in medical play and enjoyed hands-on opportunities to imagine and explore different healthcare careers. They created fun hospital badges to envision themselves as paramedics, X-ray technicians, nurses or pediatricians. Letting kids dream big through play sends the message that they can do anything when they grow up.

"Over the years, we've seen meaningful play in and around the WakeMed ambulance exhibit, which is popular with both kids and parents, so when the opportunity to improve and modernize it came along, Marbles didn't hesitate," said Mangum. "We know that an emergency situation or hospital visit can seem less scary if kids have already been exposed to some of the gear and equipment or even role-played a little."

Mangum says the Marbles team overhears kids in the exhibit saying: "How do you feel?" as they act out placing their parent's or another child's arm in a sling. "They're acting out something they have seen or experienced, while exploring something they are uncertain about, which is all healthy and helpful for kids," explained Mangum.

The team at Marbles took time to visit WakeMed, tour the hospital and talk with different healthcare professionals at WakeMed Children's so they could learn ways to enhance the play experience. Kids may feel joy or fear in a hospital or healthcare setting, so the exhibits team was careful to keep that in mind when they reimagined and built every bit of it in-house.



"Keep in mind, if your child wants you to play with them in the ambulance, it's likely they are curious and want to explore something new with someone they trust. Be present and supportive just as you would be in a real-life medical setting."

MEGHAN SANGER
SUPERVISOR OF
CHILD LIFE SERVICES
WAKEMED CHILDREN'S



Understanding Healthcare Through Play

“Much of what families will see and experience in the refreshed exhibit is inspired by what we learned from the WakeMed team,” said Mangum. “We added an overhead light that kids can turn on and off because we learned from WakeMed’s child life specialists that a lot of kids dislike the overhead exam lights.”

The ambulance is wheelchair accessible, and now includes a play space just outside of the ambulance designed to look like a patient room – it even has a privacy curtain. A baby wellness area has also been added, and kids can explore what it feels like to be the one in charge of their care.

Kids can engage with interactive exhibit elements like a 9-1-1 simulator – designed to look like a smartphone – by dialing and using button prompts to learn how to talk to dispatchers. They can also turn knobs to mix gas levels and activate the ambulance’s lights and sirens. New technology has also been introduced into the exhibit with Skelevision, which projects the image of a skeleton that mimics the movement of a child. “It gives kids a sense of what an X-ray is in a playful way,” said Mangum. “They can wiggle and dance around to make the digital skeleton move.”

Kids Process & Learn Through Play

Meghan Sanger, supervisor of child life services at WakeMed Children’s, says that having medical play experiences in the community helps kids be more emotionally ready for what they will experience in a medical setting. “WakeMed’s teddy bear clinics help in this way, and it’s great to have a dedicated space for medical play at Marbles because it allows kids to playfully experience a simulated healthcare setting in any way they wish.”

Sanger thinks the location of WakeMed’s ambulance is perfect in Marbles’ Around Town Gallery because kids will encounter a healthcare experience at some point while they are out and about with family and friends. Having a previous medical play experience reduces fear in future situations because it makes the concept more familiar.

“Through play, children may explore the idea of being cared for by others when injured or sick. They may reverse things and ask a parent to be the patient so they can role-play what it is that a nurse or doctor may do,” said Sanger. “They get to hold the equipment and act out scenarios to help work through their feelings and thoughts while trying to understand more about what goes on in the world around them.

“Preparation through play helps with coping and getting through medical procedures,” said Sanger. “Just knowing what something looks like, what it does, or how it feels can benefit kids, caregivers and their medical team.”

Tips for Playing at Marbles

- Let kids explore and have autonomy over their play experiences – they’ll take away what they need.
- Let kids lead the way and resist the urge to direct. Encourage your kids to show you how they want to play.
- Let them be silly. The team at Marbles has seen it all, and it’s alright if your kids put a chicken, costume or shopping cart from nearby exhibits in the ambulance.
- Participate if your kids want you to, but let them determine the flow of play.
- Model behaviors during play. Have fun and pretend in a way that helps set a good example for what kids may need to do in a hospital or emergency.



LET'S
TALK

acne, body odor, hair growth, & more

Q&A with Elizabeth Cleland-Roberts, MD
Medical Director, WakeMed Pediatric Primary Care

The teen years (adolescence) are a time when children begin the transition to adulthood. Their bodies go through many changes, and some may occur in or even before early adolescence (ages 10 to 13). As kids approach this age and stage, it's important for parents to think ahead and be prepared to provide support through the years of change that are coming because they are often confusing, challenging and filled with anxiety for youth.

Dr. Cleland-Roberts, pediatrician and mother of two teens, answers common questions and offers suggestions to help parents understand and navigate some of the body changes youth experience leading up to and through the teen years.

When does puberty start?

Puberty usually starts between the ages of 8 to 13 for girls and ages 9 to 14 for boys. Their pediatrician will be checking for signs of puberty at regular checkups. If your child seems to be starting puberty early or is experiencing a delay, their doctor can help you look at the big picture and may run some tests if there are concerns about an underlying condition.

How do you know puberty has begun and how long does it last?

While the timing and speed of change will vary, there are some pretty clear signs that a child is starting puberty. Growth spurts and body odor are early signs, along with physical changes that include enlargement of breasts and reproductive organs. Hair growth in the groin and genital area is also an early sign of puberty. Youth will progress differently through the various stages of puberty, which tends to last from 2 to 5 years.

Why do teens get acne and what can they do about it?

Acne can be caused by hormonal changes within the skin, genetics, and possibly diet. Other factors that may contribute to acne on the face or other parts of the body include stress, junk food, tight clothing and anything that presses on the skin for long periods of time.

Some kids are more prone genetically or environmentally to acne. They may use the same face wash and regimen as a best friend but still have problems. It's important to let them know they simply may need to try something different. Sometimes there is a simple over-the-counter solution such as salicylic acid or benzoyl peroxide, but some teens may need to try a prescription acne product. If a little troubleshooting doesn't work, and the acne is bothersome or interfering with their overall well-being, teens or their parents can ask their pediatrician for advice.

The basics of good skincare are important to teach and can help prevent or minimize acne for many teens. Everyone should be washing their face daily in the morning and again in the evening. Use a creamy, gentle face wash (with or without the addition of benzoyl peroxide or salicylic acid) and moisturizer. Also, remember to stay hydrated and use sunscreen or skincare products that provide sun protection daily. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with a SPF of 30 or higher.



HABITS THAT HELP TEENS THRIVE

Dr. Roberts recommends families focus on four things that can make a big difference in how teens feel physically and emotionally.

- **Sleep** – Adjust schedules as much as possible to help teens get 8 to 10 hours for their growing bodies, emotional development and cognitive changes.
- **Joyful Movement** – An hour a day of moving in a fun way helps in a big way; outside is even better.
- **Hydration** – Drink plenty of water; avoid drinks full of sugar, caffeine and other stimulants.
- **Healthy Meals** – Focus on regular family meals full of whole foods; plan ahead so they have healthy on-the-go options .

To learn more about the physical and mental changes to expect for teens, such as changes to voice and muscle mass for boys, or the anxiety many teens struggle with, visit healthychildren.org.



When and why do kids start having body odor?

Parents may be more likely to expect or associate body odors with teens, but younger children can also have body odor. While it can be an early sign of puberty, you shouldn't necessarily assume that is the reason. Young kids stay on the move, and most don't mind getting a little dirty. Something as simple as summer heat and extra sweating can be the cause of body odors for younger children. Most of the time, the smell can be remedied by good hygiene habits.

Regularly changing and washing clothes, including underwear and socks, can go a long way in reducing body odor. Encourage kids to wash thoroughly with soap each day, paying extra attention to the areas under the arms, and on the feet, where sweat and bacteria can build up. For children struggling with persistent body odor, an antibacterial soap may help reduce the bacteria that contribute to odor. For private parts, let them know that just washing with water is fine since soap can lead to irritation. Learning good habits at a young age will go a long way and be extra helpful when puberty starts and hormones begin to play a role in body odor.

The puberty years require patience and support from parents.

Aside from good hygiene, a gentle, aluminum-free deodorant may be helpful for young children. As kids get older, they may find they are battling with body odor more as they experience hormonal changes. Selecting an anti-perspirant to help control body odor is a personal choice; parents should share their thoughts and discuss options. For challenging body odor situations, some may find that an over-the-counter hypochlorous acid is helpful after athletics. Using a benzoyl peroxide to wash armpits and feet when bathing may also be helpful in combating strong odors. If nothing seems to be working, talk to their doctor.

When is it time to talk to kids about hair growth and shaving?

During puberty, new and coarser hair growth will begin in different areas of the body. The topic of shaving may come up based on what peers are doing so pay attention and think ahead about this conversation. Be mindful that teens tend to compare themselves to their friends and classmates, especially around the time of middle school, and that may prompt more curiosity, questions or concerns about things like hair growth.

There is no medical reason for teens to shave – it’s a personal preference, so this is a decision each family will approach differently. When and if your teen is going to shave their armpits, legs, face, or other areas of the body such as pubic hair, make sure an adult helps them learn to safely use a razor and how to avoid scrapes and cuts that can become infected. It can be helpful to have a family member of the same gender with shaving experience walk them through the steps of shaving. If your teen is shaving and has trouble with ingrown hairs that are frequent or painful, talk to their pediatrician.

How can parents prepare for all these changes?

Read and refresh your knowledge of puberty. It may also be helpful to reflect a little on what it was like to be a teen. During puberty, youth need supportive adults who will listen and communicate openly while also providing some personal space and privacy. The key is to be a safe and trusted resource. A good resource for brushing up on your knowledge and what to expect is healthychildren.org, which has information organized by ages and stages.

It can also be helpful to provide your children with some age-appropriate books about their bodies. Choose books that are accurate, informative and written with them in mind. Read the books first and determine if they are appropriate for the age and stage of your child. By giving kids some education tools that you’ve

reviewed and think they are ready for, you are giving them a chance to learn at their own pace and digest little bites of information specific to what they want and need to know over time. Let them know they can talk to you about anything they read and remain supportive of their curiosity and available for questions.

Remember that your child’s pediatrician is also a resource; they can talk with them about questions they may have as their body goes through different changes. Being heard and receiving factual explanations about any confusing changes can make it easier to understand that what they are going through is developmentally natural and that they are not the only one. Reassurance that their peers are going (or will go) through similar changes can be very helpful.

What can parents do to help ride the wave of teen emotions?

The most important thing that parents can do is be what you likely have always been for them – be supportive, but in different ways. Ask open-ended questions and don’t take it personally if you get a grunt back. Try not to react to their emotions and stay in listening mode while consistently letting them know you are always there for them. Whether it’s related to body changes or not, remember they are processing a lot of change so there are going to be ups and downs.



MEET THE EXPERT

Elizabeth Cleland-Roberts, MD Medical Director, WakeMed Pediatric Primary Care

Dr. Roberts, as she is known in clinic, joined WakeMed in 2014. She is a board-certified pediatrician, enjoys all aspects of pediatrics and loves seeing children and their families from birth to high school graduation. When she’s not working, she enjoys reading, relaxing at the beach, and spending time with her husband and two children. After earning her medical degree from East Carolina University Brody School of Medicine in 2003, Dr. Roberts completed her residency in pediatrics at the University of North Carolina Hospitals in Chapel Hill in 2006. She also earned her bachelor’s degree in biology at the University of North Carolina at Chapel Hill in 1999.



Christmas in July TOY DRIVE

Bring comfort, joy and healing this summer to local kids who need it most – patients at WakeMed Children’s Hospital!

Support WakeMed’s Child Life team by participating in our online toy drive. Simply shop the Amazon wish list, and the gifts will be sent directly to the Child Life team at the hospital.

Every item helps brighten a child’s day and provides comfort during hospital stays.



Join us in making a meaningful difference – one gift at a time!



Follow us.



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CHILD LIFE SPECIALISTS

deliver comfort & joy

Play Helps Hospital Patients Heal

At WakeMed Children's, the power of play is taken seriously by the dedicated team of child life specialists who incorporate play into patients' care and help children and families cope with stress and anxiety while at the hospital.

"Kids need a healthy dose of play in their day," said Meghan Sanger, supervisor of Child Life Services at WakeMed Children's "When they are sick or injured, that need doesn't go away – play is a key part of the healing process because it supports cognitive, emotional, social and physical development."

When health concerns take priority, hospitalized children often miss out on things they were looking forward to. This can be especially hard in the summer and during holidays. Kids can feel lonely and left out when they miss gatherings with friends and family.

Gifts donated during seasonal toy drives are used throughout the year to provide entertainment, relaxation, and most importantly, to provide a brief distraction from the not-so-fun part of being sick or hurt.

Toys, movies, games, crafts and books help child life specialists make play a priority. Sanger says the wish list items donated by the community make a

world of difference in the patient play experience. "It means a lot to families that others have been thoughtful enough to donate a toy – it's a wonderful way to help spread kindness and joy."

How Child Life Specialists Support Families

You might spot members of WakeMed's Child Life team in many different places throughout the hospital system, including the Children's Emergency Department, the Children's Hospital, Pediatric Mental Health and Well-being, the Pediatric Intensive Care Unit (PICU), Pediatric Rehab, Day Surgery and Endoscopy. "We are here to support the individual needs of children and teens and help introduce effective coping methods since being hospitalized can be as emotionally challenging as it is physically," said Sanger.

In addition to making sure kids have fun and get a chance to play and be a kid while in the hospital, child life specialists are also trained in creative, age-appropriate ways to teach patients about medical procedures.

"We help pediatric patients, siblings, parents and other caregivers in countless ways throughout the day," said Sanger. "The needs vary with age and specific health concerns, but one goal is the same – to infuse fun into their hospital experience whenever possible."

Advisory Panel for Families First

Jerry Bernstein, MD, Raleigh Pediatric Associates, Retired
Karen Chilton, MD, Chief Medical Officer, WakeMed Children's & Senior Vice President & Chief Quality Officer
Elizabeth Cleland-Roberts, MD, Medical Director, WakeMed Pediatric Primary Care
Bridget Donell, MD, Medical Director, WakeMed Physician Practices – Pediatric Critical Care and Hospital Medicine
Amy Griffin, MD, Assistant Medical Director, WakeMed Children's Emergency Department
Andy Jakubowicz, MD, Wake Emergency Physicians

Damilola Joseph, MD, Medical Director, WakeMed Children's Emergency Department
Jeff Langdon, Executive Director, WakeMed Women's & Children's
Bill Lagarde, MD, Executive Medical Director, PreciselyYou
Debra Laughery, retired
J. Duncan Phillips, MD, Surgeon-in-Chief/Director, WakeMed Children's - Pediatric Surgery
Luanne Lane, Editor
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PLEASE REMEMBER!

Children should never be left alone in a vehicle—even for a short time.

Temperatures inside a car can change quickly, and cracking a window doesn't keep it safe.

LAURIE BERKNER LIVE

CONCERT @ KOKA BOOTH

Sunday, September 13 at 3 pm
Koka Booth Amphitheatre
8003 Regency Parkway, Cary

Pack your picnic and get ready to sing and dance with the "queen of kids' music" at Laurie Berkner's "Greatest Hits" solo show.

You'll hear classic songs and a few well-loved Laurie Berkner songs that are not often heard at Laurie's full-band concerts!

Kids should plan to bring their dancing shoes and a stuffed animal (for their heads). Show runs approximately 75 minutes. Picnics welcome!

A \$1 donation will be added to every ticket to benefit WakeMed!

Tickets on sale now at boothamphitheatre.com.

