How to Talk to Your Child about Visiting the Surgery Center

Thank you for choosing M Health Fairview to care for your child.

We believe children cope best with health care when their questions are answered, and they know what to expect. The following tips will help guide you in talking with your child or teen.

Your child's care team

On the day you arrive, you may meet many care team members that could include doctors, nurses, certified child life specialists, and other medical staff. You may also ask to meet with a social worker or a chaplain.

Your child's well-being is our top concern. Please feel free to ask questions. We are all here to help you.

Be sure to visit mhealthfairview.org/pedssurgeryprep for videos and other information to help get ready for surgery. Click on the link above or scan the QR code below with your smartphone camera.

Important phone numbers

Child and Family Life Department:	612-273-3124
Pre-admission Nurse Line:	612-273-6312
Interpreter Services:	612-273-3780

What is a certified child life specialist?

Certified child life specialists are experts in children's growth and development. They know how to teach children about medical experiences, including surgery and other procedures. Their services are free.

General tips to prepare your child or teen for a surgery center visit:

- Use short, simple words. Give honest answers.
- Make a list of questions to ask your child's care team when you meet them in the surgery center.
- Encourage your child to pack a bag that includes comfort items and activities to involve them in their own care.
- Please reach out to the Child and Family Life Department for more support in preparing your child and family.

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