



World Eye Cancer Hope
life and sight for every child

Child Life Checklist for Families

Things to Bring to Clinic Appointments

Comfort Items Your Child Can Bring to Your Clinic Visit

1. Cozy blanket or weighted blanket, if this helps your child relax at home.
2. Small toy or stuffed animal.
3. Favorite book.
4. Activity book like a coloring book, mazes or I Spy book.
5. Sticker pack.
6. Fidget gadget like a fidget spinner, cube or popper.
7. Play-Doh, stress ball, thinking putty, or slime (great for squeezing if they get scared).
8. Ice pack (to apply to sore/painful areas if needed).
9. Medical play kit, so they can follow along.
10. Soothing music or audio book (and headphones).
11. A favorite app or handheld game.
12. An interesting video (cued up and ready to go).

To Help With Sensory Sensitivities

13. Noise-canceling headphones or ear muffs.
14. Baseball cap.
15. Sunglasses.
16. Mints, lollipops, gum, or chocolate to cancel out strong smells and tastes.

Essentials

17. Extra clothes (for both your child and you).
18. Snacks and drink, possibly a meal.
19. Wipes, tissues and/or clothes for inevitable messes.
20. Lots of patience.