

How Does it Work?

Child Life services are a free resource for you and your family. Our **Child Life Specialists** are here to help you feel supported and meet your needs. If you're interested in Child Life support, here is how it works:

- Tell a member of your care team about your interest in Child Life services.
- Your interest and contact information will be shared with our Child Life Specialists.
- A Child Life Specialist will reach out to you to introduce themselves and talk about the available services.
- A Child Life Specialist will talk with you to create a plan to meet the specific needs of you and your child.
- Any questions you have will be answered and a visit will be scheduled at your convenience!



Contact Information:

Lightways Pediatric Care
Child Life Specialist
Childlife@lightways.org

Lightways
Hospice and Serious Illness Care

250 Water Stone Circle, Joliet, IL 60431
lightways.org | 815.740.4104

Lightways

Hospice and Serious Illness Care

Child Life Specialist
Pediatric Care Program



What is a Child Life Specialist?

A Child Life Specialist helps children and their families with the stresses of having a loved one who is in hospice or has a serious illness.



How does a Child Life Specialist support children?

Using developmentally appropriate activities to best meet the needs of the child and family by:

Guiding Conversations

Helping families with hard conversations about illness and hospice.

Caregiver Support

Offering help, education and resources to help support you and your child.

Emotional Support/Coping Strategies

Helping children and families deal with stress, challenges and emotions.

Building Positive Rapport with children and families to build trust.

Providing Therapeutic Play Opportunities

is important to help children with their feelings and talk about what they are going through.

Preparation and Education

Lower stress and worry by explaining illness in ways a child can understand.

Distraction and Diversion

To distract the child's attention away from their loved one's illness.

Advocacy

To help each child get their voices heard and needs met.

Memory Making/Legacy Building

Helps children and families make special memories and remember important moments.

Bereavement Support

On going support after the death of a loved one through individual and group support.

When Would a Child Life Specialist be Beneficial?

If you would like support for yourself and your child, a Child Life Specialist can help. They offer guidance, resources and emotional support to fit your family's needs, making sure you both feel cared for during difficult times.

Child Life Specialists help children deal with illness and end-of-life situations in ways that are right for their needs. Research shows that having a Child Life Specialist part of your care team helps in many ways:

- Lowers stress, anxiety and fear.
- Makes things easier to understand.
- Helps with hard situations.
- Makes it easier to talk and share feelings.
- Creates a safe space to meet a child's needs.
- Helps a child with their emotions and questions.
- Prepares a child for uncertainties.
- Makes sure support is provided for the entire family.