Ann & Robert H. Lurie
Children's Hospital of Chicago™

Post-Catheterization: Developmental Follow-Up

As Child Life Specialists, we hope to support you and your child both during the procedure as well as after. We understand that each child is unique, but we would like to provide you with some information that may hopefully make the transition back home a bit smoother.

INFANTS: Decreasing stimuli (turning lights down, limiting toys, etc.) helps a child to remain calm. Familiar and soothing items will not only provide comfort during the procedure but also upon return to home.

TODDLERS: Loss of control becomes a fear. Offer choices. Toddlers can recognize medical items; medical play is beneficial. If your child is potty trained, you may see them regress shortly after the procedure, this is normal; they have become accustomed to using the toilet and have been asked to void on a table.

PRESCHOOLERS: Offer choices to help reinstate their feeling of control. At this age, a child views anything touching their body as a threat; reinforce the idea that mommy/daddy gave the doctors/nurses permission, but their private parts belong to them. Explain medical steps concretely and try to involve your child as much as possible. If your child is potty trained, you may see them regress shortly after the procedure, this is normal; they have become accustomed to using the toilet and have been asked to void on a table.

SCHOOL AGE: Modesty becomes an issue; offer privacy as much as possible. They are conscious of being different; reinforce the idea that many children come to the clinic/hospital for various reasons. Speak with them honestly and target their concerns.

ADOLESCENCE: Teens expect to be in charge of their care; provide as much autonomy and choice as possible. Involve them in their own care and empower them to make decisions. Answer questions honestly.

Reinforce what your child has done well and help them to feel proud of themselves. Ideally through preparation, education, and support, your child will have a positive experience; one in which they will feel a sense of trust, control, and empowerment. Continue to support your child through play and healthy expressions as a way of addressing their feelings and misconceptions. Varying behavior may occur at home following the exam. If any developmental questions, concerns or issues arise that are concerning to you, please feel free to contact your Child Life Specialist or call the child life referral line at 312.227.3270

Main Hospital	Clark/Deming	Westchester
Aleksandra Guzy (312.227.6397)	Beth Ryan (312.227.6398)	Lori Esch (312.227.7925)
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