



Donating Toys to Children in our Hospitals

“Brighten the hospital stay of a sick child today”

A hospital visit can be a frightening event... especially for a child.

Child Life Services aims to reduce the stress and anxiety that is often associated with hospital visits. Toys and other small items help Child Life specialists and parents of young patients by:

- Encouraging children to stay calm during procedures
- Providing opportunities for medical or therapeutic play
- Distracting children and their siblings in waiting rooms

Child Life strives to reduce the negative impact of stressful or traumatic events in the hospital that affect the health, development and well-being of children and their families.

What is Child Life?

Play is the work of childhood and continues to be important and needed even when a child is in a health care setting. Child Life is a program at the Victoria General Hospital that provides assistance to children receiving services before, during and after hospitalization. The specialized health care professionals who work in Child Life help reduce the anxiety of a hospital experience for young patients, often using therapeutic play.



Dolls or action figures can help a child understand an upcoming medical procedure. Colouring books, notepads, and crayons give children a way to express feelings about their hospital experience. Small games, books, and playing cards serve as a welcome distraction in waiting rooms and help children keep calm. Stickers and other small prizes reward children for their bravery after facing procedures.

Community Volunteers

Child Life relies on dedicated volunteers who assemble age-appropriate Hospital Activity Kits for young patients according to hospital guidelines and protocols. Donations are made through the Victoria Hospitals Foundation. Please do not drop off items at the hospital.

How You Can Help

To help kids in hospitals, you may wish to organize a fundraiser with your friends, family and co-workers, or as a club project. Donations of cash allow Child Life volunteers to purchase safe toys that are approved for use within hospitals. By partnering with local retailers and buying in bulk, we ensure the lowest price. If you choose to buy toys yourself, the following examples are gratefully accepted:

- Coloring books and notepads
- Crayons, colored pencils, felts
- Teething rings for babies
- Rattles and squeak toys
- Stickers and small sticker books
- Small tubs of Play-Doh
- Stress/squeeze balls
- Small-sized bubble solution bottles
- Playing card decks / Uno game cards
- Handheld puzzle games
- Medium-sized plastic animals (zoo, farm, jungle, dinosaurs, etc.)
- Matchbox cars, boats, trains
- Polly Pocket / Littlest Pet Shop
- Cartoon/comic action figures
- Bionicles sets
- Small Lego kits
- Mini Etch-a-Sketch
- Small stuffed animals and dolls
- Kaleidoscopes
- “I Spy” or “Where’s Waldo” books
- Word search, dot-to-dots books
- Teen magazines (sports/fashion)
- Little People / Small princess dolls
- Infant board books (thick pages)

Items We Cannot Accept

To comply with hospital safety and infection control standards, any donated toys must be NEW. We regret that we cannot accept used or previously owned items.

To enable easy identification by staff, toys should not be gift-wrapped. To protect the health of patients, we cannot accept latex balloons or candy. Toys with inappropriate or violent themes are not accepted.

All donations for children via the Victoria Hospitals Foundation will be distributed to patients by hospital staff. Out of respect for our patients’ privacy, community members may not deliver gifts directly to patients.



Pediatric Care at the Victoria General Hospital

Each year, more than 14,000 child and youth patients receive care at Victoria General Hospital for a variety of concerns ranging from a broken arm to more serious conditions such as cancer and heart defects.

The Pediatric Department at Victoria General Hospital delivers care to babies, children, and teenagers from all regions of Vancouver Island – as well as sometimes to children and babies from elsewhere in B.C. and from outside the province.

About the Victoria Hospitals Foundation

The Victoria Hospitals Foundation is a registered charity that supports excellence in health care by raising funds for priority medical equipment and patient care programs. Since 1989, the Victoria Hospitals Foundation has raised more than \$70 million to benefit the Royal Jubilee and Victoria General Hospitals.

If you have questions about Child Life services, starting your own fundraiser event and making donations, or for a more detailed list of toys, please contact the Victoria Hospitals Foundation at www.victoriahf.ca.

Thank you for thinking of the pediatric patients and their families in our community!



VICTORIA HOSPITALS
FOUNDATION

Giving makes us all better