



## Sandy the Starfish meets Doctor Dolphin.

A pre-schoolers book about an outpatient's visit to hospital including having a blood test and visiting the pharmacy.

**Are you frightened by needles?**

**How do you think a child would react?**

Between the ages 0-5 children receive 5 standard injections. Many children are scared and confused by these and require a simple and understandable explanation.

Some children require regular injections, how can you explain hospital visits to them in a familiar and friendly way?

**Sandy Starfish can help.**

Sandy Starfish is a unique, fun and friendly lift the flap book for children and parents to help with hospital visits. There is currently no other book on the market that covers such a delicate subject in such an assessable way.

*The book helps with fear of injections by:*

- Encouraging interaction between child and parent
- Reassurance through talking
- Alleviation of fear by understanding the unknown
- Reducing the stress and guilt of the parent
- Making it fun

Sandy Starfish is aimed at boys and girls from 0-5 years old. It is also aimed at relatives and friends of these children, to encourage easy conversation about the difficult subject of hospital visits.

The book is supplemented by a fun and interactive website which includes colouring-in pages and a game.

The website can be found at [www.sandystarfish.net](http://www.sandystarfish.net)





## Quotes and praise for Sandy Starfish

*"Young children can be frightened by hospitals. Sandy the Starfish will provide an easy way to explain what will happen in hospital and why."*

**Mr Robin Garrett-Cox FRCS Great Ormond Street Hospital, London. 17 Jan 06**

*"Wonderful and beautifully illustrated, this book is quite simply long overdue in our paediatric wards and GP surgeries! It is an essential tool for preparing and helping you and your child through the anxious moments of blood sampling."*

**Dr Orla Killene, Consultant Paediatrician with a special interest in Rheumatology, Our Lady's Hospital for Sick Children, Crumlin, Dublin 12, Ireland. 28 Jan 06**

*"Beautifully illustrated - It was a great help for my daughter's pre-school jabs."*

**Roger Coulthard, StacPolly Restaurants, Edinburgh.**

*"It's very nicely produced – lift-the flap can be tricky to do and this is very good. The content is well-focused – a result, I'm sure of you having first-hand experience of this situation. The book is very gentle and thoughtful, which is exactly right in this context – but with the right amount of fun and intrigue to keep the child turning the pages."*

**Sophie Mitchell, publisher, Dorling Kindersley, Strand, London.**

*"Helps take the fear away for parent and child – another piece in the armoury for telling children what to expect and not to be frightened."*

**P.Wild, A & E Nurse London**

*"Brilliant! Play and reading are a perfect way to help children with a new situation."*

**An Independent Midwife, London.**

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laura@indiastreet.co.uk  
www.sandystarfish.net  
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