

Peds Relief Program Guide

Cause for Action:

- Increasing numbers of children in the United States (ie, approximately 200 children per 100,000 population) require hospitalization or intensive care annually, because of advances in pediatric therapeutic techniques and a changing spectrum of pediatric disease.
- Children who are hospitalized may suffer from some degree of emotional disturbance due to the experience. The separation of the child from familiar figures during admission may be the cause of some of the emotional upset.
- Working closely with the family and with the healthcare team can minimize the stress of a hospital or outpatient visit for both the child and the family.
- Play can take a child's mind away from pain, anxiety, and illness in general. Play also helps a child stay stimulated. This encourages normal child development. Play can involve toys, books, games, puzzles, and arts and crafts.

Where is the program?

The program is held within the [Upstate Golisano Children's Hospital](#) at One Children's Circle, Syracuse, NY 13210

How does the program provide for this population?

This program allows student volunteers to provide companionship to pediatric patients during their hospital stay.

What would I do as a student?

As a student volunteer you would provide companionship to pediatric patients. This includes engaging in activities, playing games, reading books, making art projects and/or having casual conversations. Anything the patient needs or wants to keep them entertained during their stay in the hospital while giving their family member or care giver a break.

How often would I volunteer?

The program runs weekly usually in the evenings. As a volunteer you are not required a set number of hours. However, the student volunteer must participate in an orientation with one of the Child Life Specialists.

What are the community impacts?

By providing pediatric patients with companionship, care and more, volunteers provide physical and mental support for children who may be having a difficult time during their hospital stay. With improved support systems, the goal is to improve the mental health of pediatric patients and improve their outlook on life.