



I'm Bored Bags

with Melissa Henke

The hospital can be a scary place, especially for young children. Even if they are not the patient and are with their parents, the emergency waiting room and the patient rooms can be a frightening place to a child. Plus, after about ten minutes, the child will say those wonderful words, "I'm bored."

In an emergency situation, one does not stop and pack a bag to keep a child entertained while one waits for the doctor and/or treatment. Sometimes a child is waiting for their younger brother or sister to arrive, because we know it can be quick or take hours and hours.

One never knows how long one will be at the hospital. That's where *I'm Bored Bags* can come in handy.

These bags are pre-assembled and the hospital staff can hand them out to children, when needed.

What type of items does one put in these bags? Here are a few.

- Pencils
- Crayons
- Colouring books
- Book
- Activity book
- Clipboard
- Basic origami book with paper
- Go Fish game
- I Spy book
- Toy cars/dolls
- Lego
- Small puzzle

A little note saying:

"This *I'm Bored Bag* was prepared for you with love by the ladies from (insert your society and add your church name and address, phone number and website)."

These are just a few ideas of what you can pack in the *I'm Bored Bag*.

I would advise not packing items like stickers or playdough because I am sure the hospital staff do not want to clean these items off hospital equipment.

Items can be packed in Ziploc™ bags or fabric bags. Bags may be given away or returned at the end of the visit. If returned, the bags will need replenishing or replacing the contents after several uses. These bags will keep the little ones out of mischief, which would make the parents and hospital staff very happy, and hopefully make a scary situation, a little less scary.

