Five-year old SANDY releases new health rights book on Human Rights Day

Tuesday 10 December, 2024

A lot of children, and even some adults, find getting their blood taken to be quite challenging. Five-year-old Sandy was certainly anxious before discovering some helpful techniques to relax and get ready for the procedure. He decided to share everything he learned, and went through, in a new book titled "Sandy Meets the Teddy Hospital." This book is being launched by Children's Health Scotland today (Tuesday 10 December 2024, in honour of Human Rights Day).

Commenting on the release of the book, Helen Forrest, Chief Executive of Children's Health Scotland said: "A heartfelt thank you to Sandy and his parents for their invaluable contribution in creating this fantastic resource. I also want to extend my gratitude to the Health Play Team at the Royal Hospital for Children in Glasgow, particularly Melody. Together, we have crafted an inspiring book that promotes health, wellbeing, and children's rights, featuring sections for both young readers and parents, carers, or health professionals. Our Health Rights Service actively engages with children and young people to uphold their right to the best possible health, and Sandy has now emerged as one of our remarkable young Health Rights Defenders."

Sandy, a 5-year-old, is anxious about getting his blood taken and is now the star in our latest new book series, With the help of Health Play Specialist Melody and our friend Bear, he visits the Teddy Hospital at the Royal Hospital for Children in Glasgow. There, he learns about his health rights and engages in health-related play. The story begins with Sandy arriving at the hospital with his parents. Guided by Melody, he confronts his fears by exploring medical equipment and playing with Bear and Melody to understand the blood test. After Sandy's adventure, there's a special section for adults with tips on helping children cope with new experiences, including insights on behaviour and techniques like storytelling, play, and relaxation. Engaging in health-related play is essential for connecting with children and supports their healthy development across various skills.

Michelle Wilson, Head of Children and Young People Services at Children's Health Scotland added: "We couldn't have produced this book without the fantastic support of NHS Greater Glasgow and Clyde and The Glasgow Children's Hospital Charity who fully fund the Teddy Hospital. Both are hugely supportive of our work and of making health rights real in Scotland. I would also like to thank Rhianne Forrest, our health rights officer, for making this book happen and Dagmar Kerr and Amy Joss, who both started these series of books for children and professionals alike."

The book is now available to purchase from our online store at https://www.childrenshealthscotland.org/how-you-can-help/shop/sandy-meets-the-teddy-hospital/

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