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New Resource for Children

□ An activity book for children visiting intensive care units (ICUs) has been published by ICUsteps, the UK intensive care patient and relative support charity. The resource comes with an information sheet for parents and carers to help them support the children, and can be downloaded from the [ICUsteps website](#).

Catherine White, Information Manager, ICUsteps, who developed the resource, said:

“My son was three years old when I was critically ill. It is a tribute to my family that in all the uncertainty and distress, they kept his needs and emotional wellbeing centre stage—to this day, I don’t know how they managed to do that, but I do know how hard it was for them. I wanted to give other families a helping hand—to do the thinking and preparation on their behalf, so when in that situation, there are ready made resources to help them support their children.”

The activity book helps introduce children to ICUs with pictures and explanations, has activities to help them understand what ICUs do and what they might see when they visit one. They can write about how they feel, and their relative, if they would like to.

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