

Video Title: ECS Child Life

Date: 10/05/2018

Running Time: 5:00

Time	Content
0:00 – 0:03	[Guelph-Humber Logo]
0:04 – 0:22	[Explanatory Text] [What did you want to be when you were a kid?]
0:23 – 0:31	[Faiza Ali] My siblings always had ideas, they were gonna be astronauts and work in an ice cream truck but I was like I'm gonna be a kindergarten teacher and no one can tell me otherwise.
0:32 – 0:38	[Eden Peters] From a young age I thought that a sanitation engineer or garbage man was like the coolest job ever because you make the world smell better.
0:39 – 0:44	[Jocelyn Leworthy] Oh my goodness um well when I was a kid I wanted to be a rock star.
0:45 – 0:52	[Keanna Gordon] Um I first wanted to be a construction worker to be honest and then I wanted to be a teacher because I wanted to work with children so much.
0:53 – 0:56	[Did you know you wanted to work in the field of Child Life when you got to UofGH]
0:57 – 1:13	[Faiza Ali] Yeah when I started the University of Guelph-Humber I was actually at a fall information day when one of the alumni was talking about her experience at SickKids and a new role called like a Child Life Specialist and I think it was then where I was like that's very interesting.
1:14 – 1:42	[Jocelyn Leworthy] A big part of being a Child Life Specialist is the psychosocial support so helping children cope with really challenging life experiences you know whether it be illness hospitalization or trauma or any other kind of situations that you know their life may put them in so helping build resilience and that's always something that's driven my desire to work in that field you know and also personally for me growing up with a genetic medical condition myself you know realizing that I feel like I could have benefited from that support.
1:43 – 1:46	[How do you cope with the stress of working with a child going through such a difficult time?]

- 1:47 – 2:03 [Keanna Gordon]
Um there's a lot of hard days and there's a lot of times when you really want to break down during the moment but I just try to work through the situation do the best I can with them in the moment then I'll step away myself to have a breakdown or cry or call someone or whatever I need to do to be able to get myself back to where I need to be to be able to go back into the situation.
- 2:04 – 2:20 [Faiza Ali]
I mean you'll see kids running around like they're getting chemo done and they're getting blood transfusions but they're running around with little wires and IVs, they're still playing games, they still want to talk to you, they still want to interact and it's a little bit it's actually very inspiring so you just, that's how I cope with it.
- 2:21 – 2:24 [How did UofGH help you get to where you are today?]
- 2:25 – 2:42 [Jocelyn Leworthy]
The kind of connections that I was able to have by being a Guelph-Humber student to be able to get into certain placement sites really helped you know getting into the hospital environment is a very challenging thing to do and being able to do that through Guelph-Humber allowed me to get some really important experience that I needed for my career.
- 2:43 – 3:26 [Eden Peters]
With the help of my professors and placement coordinators I applied for a position at the Hospital for Sick Children as a Child Life student and within the first week I fell in love with the field helping these children and families bring some normalcy into an environment that there's nothing normal there in a hospital in a small room where they don't have their favorite pictures they don't have all of their stuffed animals they don't have everything people are coming in and out of the room poking them and talking around them bringing a sense of normalcy into their lives I knew that this is exactly what I wanted to do and if it wasn't for my professors and placement coordinators at Guelph-Humber I would have never heard of Child Life.
- 3:27 – 3:30 [How important is this work?]
- 3:31 – 3:37 [Jocelyn Leworthy]
I might be a little bit biased but I think that the work that Child Life does is absolutely critical.
- 3:38 – 3:50 [Faiza Ali]
If you have a Child Life Specialist in the role you can give the child a lot of valuable information like hey this is what you should expect it's not going to be easy and it's not going to be comfortable but here's what we can do to make it a little bit better.
- 3:51 – 4:05 [Jocelyn Leworthy]

The work that we do is to help promote optimal coping and help children to be able to go through these challenging life experiences you know with a sense of mastery feeling like they can handle whatever life throws at them and to foster that resilience for later in life.

4:06 – 4:26

[Faiza Ali]

And I think that knowledge is very important because children are resilient and they're so capable of understanding things that we assume that they can't understand so give them the knowledge and it'll be like it's amazing to see what they'll do with it and how they cope with it and how they get their emotional resilience back.

4:27 – 4:30

[There's a famous saying in show business; Never work with animals or children. Thoughts?]

4:31 – 4:32

[Keanna Gordon]

[Confused look]

4:33 – 4:34

[Faiza Ali]

Children are awesome.

4:35 – 4:37

[Eden Peters]

I'm confused as to why anyone wouldn't want to work with kids.

4:38 – 4:56

[Keanna Gordon]

I don't know I don't I wouldn't really want to work with elephants so I think children are way better bet. Children are the future which is a very corny thing to say but it's nice to know that as an adult you can make an impact on a child's life especially one who's going through a difficult time for Child Life Specialist and then watch them go out and do more amazing things in the world after.