



# LOOKING TO IMPROVE PATIENT EXPERIENCES?

*Have you heard of Child Life?*

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**SARAH DAVIS**  
CERTIFIED CHILD LIFE  
SPECIALIST

*Child Life Services focus on providing developmentally appropriate education and family-centered support, proven to increase coping, compliance, and resilience*

## GET IN TOUCH

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**Thriving Play**

Helping kids and teens succeed at life!



## ABOUT THRIVING PLAY

Thriving Play is a child life practice based in San Antonio, TX. Run by Sarah Davis, MS, CCLS, Thriving Play's mission is to utilize play and creative expression to support infants, children, teens, and their caregivers during dramatic or unfamiliar experiences. We recognize the impact of many factors in life and provide training and consulting to community partners.

## WHAT IS A CHILD LIFE SPECIALIST?

A Certified Child Life Specialist (CCLS) is trained in child development, family theories, as well as stress and coping theories. A CCLS is most often found working in the hospital setting, assisting families navigate and normalize the medical challenges often experienced. They are also found in other community settings, supporting kids, teens, and families who are dealing with stressful, traumatic, difficult, or atypical situations. To learn more about the field of child life, visit the Association of Child Life Professionals' website: [www.childlife.org](http://www.childlife.org)

## SERVICES

### Patient sessions

- Creating coping plans
- Developmentally appropriate diagnosis and medical procedure education
- Parent coaching
- School re-entry
- Normalizing an environment and experience
- Assessing developmental needs

### Partnering with medical staff

- Comfort positioning with infants and children during invasive blood draws and injection
- Non-pharmacological pain techniques
- Coaching on developmentally appropriate support for patients and families
- Creating or reviewing printed material designed to educate families

## SPECIALIZATIONS

- Creating coping plans
  - Education on diagnoses and procedures
  - Contracting with organizations to support the development of family-centered care
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