

March 2026

CHILD LIFE

month

What Is Child Life?

Child Life Specialists help children and families navigate stressful or traumatic healthcare experiences. Using evidence-based, developmentally appropriate interventions, they:

Prepare children for medical procedures

Provide emotional support and coping strategies

Reduce fear and anxiety using play and education

Support siblings and families

Advocate for trauma-informed pediatric care

Learn more and get involved at [childlife.org](https://www.childlife.org)

ASSOCIATION OF
Child Life
Professionals





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