

what is a child Life Specialist?

Child life specialists (CLS) are allied health professionals who support and enhance the psychosocial well-being of children, youth, and families facing stressful life experiences, including but not limited to hospitalization, end-of-life, and bereavement.

CLSs have a background in child development and family systems, as well as extensive knowledge in topics and evidence-based practices related to stress and coping, illness, injury, trauma, and loss.

From a family-centered and advocacy-based lens, CLSSs enhance understanding for and participation of children, youth, and families in matters that concern them, ensuring their voices are heard and their needs are met as they navigate stressful life experiences.



child life specialists...

Use play and therapeutic activities to promote self-expression, understanding, and mastery related to challenging/stressful experiences.

Assess development, temperament, social support, and other individualized factors that influence a child/youth/family's ability to cope.

Provide preparation, support, and advocacy throughout potentially stressful experiences (for example, medical procedures, funerals, and so on).