

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)
651-299-3928 (TDD)
www.gillettechildrens.org

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:

Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway
651-229-3938
hre@gillettechildrens.com

Play Activities for Children on Bed Rest

patient education
DIS062

Infant-Age 3

Mobiles
Hand-held infant toys
Cloth balls to throw and catch
Bubbles
Puppets
Listen to music and dance with arms
Books and videos
Mirrors
Play gyms
Ride in wagon with sides

Age 4-6

Face painting
Cars, trucks and action figures
Felt board
Flashlights
Casio piano
Baggie painting (squish finger paints in
Ziplock bags)
Silly string
Decorate casts with markers/stickers
Magnetic boards, Magnadoodle

Age 7-13

Beanbag toss
Remote control cars
Hand-held electronic games
Make mobiles to decorate ceiling
Use easels for art and school projects
Draw with chalk, Colorforms, Etch-a-Sketch
Let child help schedule daily activities
Plan an imaginary trip (include props and
costumes)
Create a scrapbook
Nerf basketball and darts with strings
attached for retrieving
Make birdseed "ornaments" (peanut butter
& birdseed on pinecones) to hang outside
child's window
Get a pet fish to observe

Age 13 and older

Easel for school or art projects
Access to telephone to call friends
Letter writing
Make friendship bracelets
Crossword and word puzzles
Fabric paint large T-shirt to wear over cast
Diary, journal or scrapbook
Videos /books/electronic games
Laptop computer
Decorate cast
Dry erase boards and markers
Calendar
Ceramics
Audio record stories/singing (own voice)
Walkie Talkie
Invite friends to play

Some things that work as easels

- A bed tray with a flip top
- Crayola's portable table top easel
- Easels designed for use on beds (ask nurse)