

### **Collaboration Description**

- Sutter Medical Center's Child Life Program has been a long-standing and highly valued partner with the Family Studies and Human Development (FSHD) major in the Department of Family and Consumer Sciences (FACS) at Sacramento State.
- Sutter's Child Life team has partnered in the development and delivery of FSHD 156, Child Life and Family-centered Care since 2013.
- The focus of this presentation is on how the **academic internship** with student placement in Sutter Medical Center's Child Life program provides students with an introduction to the Child Life profession and hands-on experience with children in the hospital setting.

### **Pathway to Becoming a Certified Child Life Specialist**

Certification specifications of the **Association of Child Life Professionals (ACLP)**.

1. Complete a Bachelor's degree with the 10 ACLP-prescribed courses.
2. Document experience with children of various ages in many settings (not limited to hospitalized children).
3. Complete **clinical internship** supervised by a CCLS. Minimum of 600 hours, typically obtained through full-time work over the equivalent of a semester.
4. Finalize Eligibility Assessment with ACLP.
5. Take and pass the Certification Exam through ACLP.

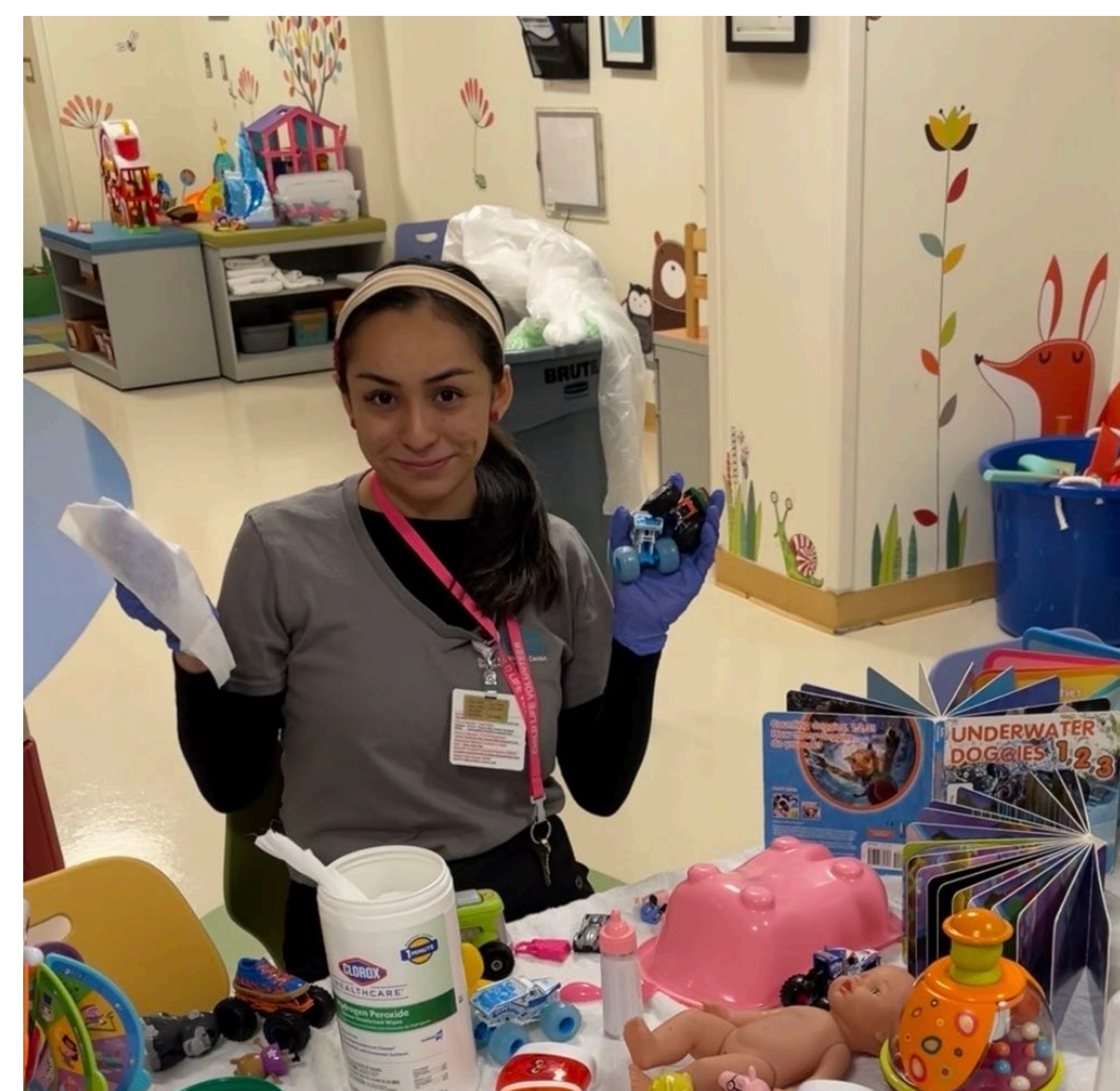
Source: [www.childlife.org](http://www.childlife.org)

### **Experiential Learning for Career Readiness & Civic Impact**

An academic internship with the Sutter Child Life team provides students with the opportunity to apply what they have learned in their courses, and in their work with children in other settings, to a hospital setting, and specifically to Child Life practices.

**The Child Life team provides opportunities to:**

- Increase knowledge of children's development and children's understanding of their bodies, illness, and treatments.
- Work with child patients at their bedside
- Supervise children and families in the playroom
- Select appropriate toys and games for different age groups and individual needs
- Provide therapeutic play and emotional support to patients and families in pediatrics.
- Shadow a Child Life Specialist in action
- Learn important hygienic practices for healthcare settings



### **Community Impact**

- Through this partnership, Sutter Medical Center has an active role in preparing the next generation of professionals in this highly competitive field.
- Academic interns from Sacramento State provide additional capacity in the playroom and at children's bedsides.

### **Related Resources**

- Baird, B.N. and Mollen, D. (2023). *The Internship, Practicum, and Field Placement Handbook: A guide for the helping professions*. New York: Routledge.
- Thompson, R. H. (2018). *The Handbook of Child Life: A guide for pediatric psychosocial care*. Springfield, IL: Charles C. Thomas Publisher, LTD.

### **Sac State Students Benefit from:**

- Introductions to professional Child Life practices
- Introduction to Child Life professionals and other students in the field
- The exchange of experiences and advice
- Clarification of career goals and pathways
- Increased awareness of additional resources, such as these medically-related camps.

