



Helpful Prompts For Parents

Here are gentle, age-appropriate conversation prompts parents can use with kids ages 4–8, whether they're talking about the ostomy book, their own ostomy, or health differences in general. These are written to feel natural, curious, and safe (not clinical).

While Reading the Book (or Right After)

- "What do you think about Ellie? What kind of kid is she?"
- "What was your favorite part of the story?"
- "Did anything surprise you in the book?"
- "How do you think Ellie feels when she's playing or going on adventures?"
- "What do you think makes Ellie special?"

Talking About the Ostomy in the Story

- "Ellie has something on her body that helps her stay healthy. What do you think it helps her do?"
- "Do you notice how Ellie still does all the same things as other kids?"
- "If someone asked Ellie about her pouch, what do you think she might say?"
- "How would you explain Ellie's pouch to a friend?"

Connecting the Story to Real Life

- "Did you know some people have bodies that work a little differently – just like Ellie?"
- "Can you think of other ways people's bodies can be different?"
- "Do you know anyone who wears glasses, uses medicine, or has a medical device?"
- "How can we be kind if we see someone with something different on their body?"

If the Child Has an Ostomy

- "Your body has something that helps take care of you. How does it help you?"
- "How do you feel about your pouch today?"
- "What's something your body lets you do that you're proud of?"
- "Is there anything about your body you want to talk about or ask me?"
- "If someone at school asked about your pouch, what would you want to say?"
- (You can gently remind them: "You get to choose what you share and when.")



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Talking About Feelings & Empathy

- "How do you think it feels when someone notices something different about you?"
- "What helps you feel brave when something feels hard?"
- "What would you say to Ellie if she felt nervous?"
- "How can we help others feel included and safe?"

Confidence & Body Positivity Prompts

- "What are some things your body does really well?"
- "Is there something about you that makes you unique?"
- "Do you think everyone has something they're learning to accept about themselves?"
- "What makes someone a good friend?"

Ending on Reassurance

- "Bodies don't all work the same – and that's okay."
- "Having something different doesn't stop you from having adventures."
- "You are loved just the way you are."
- "Your story matters."