

# Theory of Change



**The problem we are trying to solve:**

Children and their families who spend time in hospital are at risk of experiencing negative effects due to stress and anxiety, lack of opportunities to play and isolation.

**Our Activities:**  
What we're doing to change this

We train specialist performers called Giggle Doctors.



Giggle Doctors visit children at their hospital bedside one-on-one, providing playful, child-led interactions.



**The Mechanism of Change:**  
What happens during a Giggle Doctor visit

Children find the interactions engaging and fun.



**The Outcomes:**  
What a Giggle Doctor visit achieves for children

Children experience a reduction in stress and anxiety.  
Children's moods are improved.  
Children gain a sense of control.



Children feel less isolated.  
There are more opportunities for children to play in hospital.



**Impact:**  
What this means for children and their families

Children's experience of hospital is improved.

