



Celebrate Gold

Josephine Sibert

Lee's Summit, MO



Suzie Needs a Surgery: An Illustrated Children's Book

Josephine Sibert has been a Girl Scout for 12 years in Troop 143 in Service Unit 649. She recently graduated from Lee's Summit High School with plans to pursue a degree in English and Neuroscience on a pre-med track.

Josephine's Gold Award project focuses on easing stress and anxiety children experience before going in for surgery. She created a children's book, *Suzie Needs Surgery*, which she wrote and illustrated. The book aims to dispel fear and foster interest and excitement through education, with expertise and guidance from surgeons at the University of Iowa Children's Hospital. The core idea behind the book is to create familiarization and thereby mitigate the unknown and reduce anxiety of pediatric surgery. Josephine drew on personal experiences having surgery as a child to navigate the complex emotions and provide support for other children going through the same experience.

The book will continue to be available for children across the globe – even being offered in three languages! It is available online through Barnes & Noble and will continue to be a great resource for families and medical centers around the world.

Because of Girl Scouts...I have established life-long friendships and discovered how to become a well-rounded leader. I have also been able to participate in adventures across the country, from Surfing in California to Liberty Island in NY to backpacking across Wisconsin or canoeing across the boundary waters in Minnesota.