

Let's talk about...

**U.S. News
"Best Children's
Hospitals" rankings**


Ranked among the nation's best in five pediatric specialties



Supporting Your Child in the Hospital

Being in the hospital can be stressful for children of all ages. Preparing children for what they will experience can help lower anxiety and create trust with who they are working with in the hospital.

Some tips to keep in mind:

- Share with your medical team any information about your child that may help in their care. For example, special interests and favorite play items.
 - Play as much as possible. This goes for any age because having time to just be a child and do fun things (toys, games, reading) is helpful. When children realize they can play in the hospital, it can promote more coping with the experience.
 - Help your child to stay in touch with siblings and friends, on the phone or virtually.
 - Talk with your child about what is happening and what to expect while they are in the hospital. Use words they will understand. Encourage them to ask questions at any point.
 - Share with your child how the medical team is there to help them.
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- It can be hard for a child to relax and sleep in the same room where stressful events may have happened. Some units have another room to do procedures. Feel free to ask your nurse about using this space away from the bed to help keep the room as restful as possible.
 - Developing a daily schedule for your child can be helpful to create a routine in the hospital. You can write in your child's treatments, therapies, playtimes, and so on.
 - If you need to leave your child's bedside at any point, let your child and nurse know before you go and when they can expect you (or other family member) to return.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>