

# Let's talk about...

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

Ranked among the  
nation's best in five  
pediatric specialties



## Children When a Loved One is in the Hospital

Children may not always be able to visit a loved one in the hospital, so finding ways to help them connect to the hospital and provide support at home is important.

### Some tips to keep in mind:

#### Connection:

- Ask your child if they would like to make pictures, signs, or cards to decorate their loved one's hospital room.
- Help your child to stay in touch through phone calls or virtual visits (as possible).
- Offer the child to keep something of the loved one's nearby (a t-shirt, pillow, or family picture).
- Leave behind or send home notes to let your child know you are thinking of them.
- Share pictures about experiences. The child can share pictures from home and you, or the loved one, can share pictures of what being in the hospital is like (as possible).
- Record your voice talking or reading a favorite story. Or have a regular time to call home, like at bedtime.
- Plan some quality time at home or do something fun outside with your child.



#### Coping:

- Keep home routines as normal and predictable as possible. Routines help children feel safe.
- Be aware of your child's feelings. Encourage play and outlets for expression. These can be sports, art, music, or any favorite activity.
- Remind your child that they are loved and missed, and that this is a temporary situation (if that is true).

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