

Let's talk about...

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

Ranked among the nation's best in five pediatric specialties



Supporting an Infant in the Hospital

Play in the hospital makes it less stressful and more comfortable to be here. Play also helps children of all ages focus on activities, rather than their reason for being here. Focusing on the child's needs helps their learning and coping skills while in the hospital.

Some tips to keep in mind:

- Share with staff what your baby needs and how those needs get expressed.
 - When possible, work with staff to make regular routines like those you had at home.
 - Stay involved in your baby's care - touch, talk to, and hold you baby when it is safe.
 - Stay aware of your baby's behavior. A change in behavior might mean the sounds are too loud, the light is too bright, or the baby is not calm for some other reason.
 - Reduce loud or unnecessary noises when appropriate.
 - Dim bright lights and use natural lighting.
 - Sing or play quiet music.
 - Provide toys such as rattles, busy boxes, crib mirrors, and mobiles.
- 
- For older infants, bring a comfort item from home, such as a blanket, a stuffed animal, or even a burp cloth.
 - Hang pictures of family on the crib where the baby can see them.
 - When possible, provide time for your infant to explore their space.

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