

Let's talk about...

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

Ranked among the nation's best in five pediatric specialties



Supporting a Preschool-Age Child 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:

- Let staff know about any special words your child uses for familiar objects or tasks.
 - Bring a few of your child's favorite items from home.
 - Help your child to participate in play and activities, such as reading, coloring, and music.
 - Let them know when events will happen. Use familiar phrases like "before lunch" or "after bath." A time like "two-thirty" does not mean much to a preschooler.
 - Offer age-appropriate choices to provide some control—for example, "Would you like to look at books, or color a picture?"
 - Provide boundaries and limits. This will help your child feel safe.
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- A young child with dark hair, wearing a white hospital gown with blue polka dots, is lying in a hospital bed. The child is focused on coloring a picture in a book. The picture shows a sailboat and a person. A large, brown teddy bear is visible in the background. The child is holding a blue marker and is in the process of coloring the person's face.

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