

Let's talk about...

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

Ranked among the nation's best in five pediatric specialties



Supporting a School-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.
- It is important to help them understand what they will experience in the hospital through their five senses: what things will look like, sound like, smell like, and so on.
- Children often blame themselves for their ending up in the hospital. Remind your child that it is not their fault.
- Include your child in their own care so they feel connected to what is going on. Provide realistic choices to promote a sense of control.
- Ask your child why they think they are in the hospital. This will help you clear up any confusion with simple explanations.
- Prepare your child for upcoming procedures. Discuss medical events and diagnoses in simple and honest language. This also gives them a chance to ask questions.
- Remind your child that talking about their worries or fears can be helpful.
- Help your child stay connected with peers through phone or video calls. This may help them feel less alone.
- Establish a daily routine that includes normal play activities and rest.
- Encourage your child to bring comfort items from home.



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