

Let's talk about...

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

Ranked among the
nation's best in five
pediatric specialties

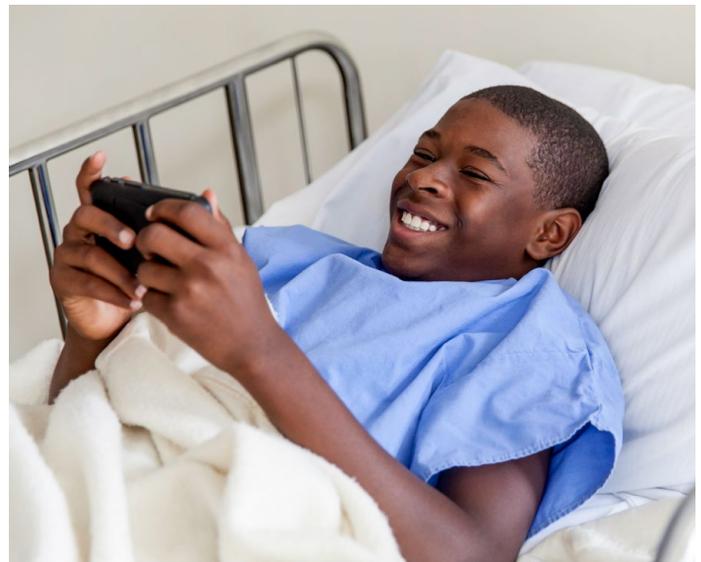
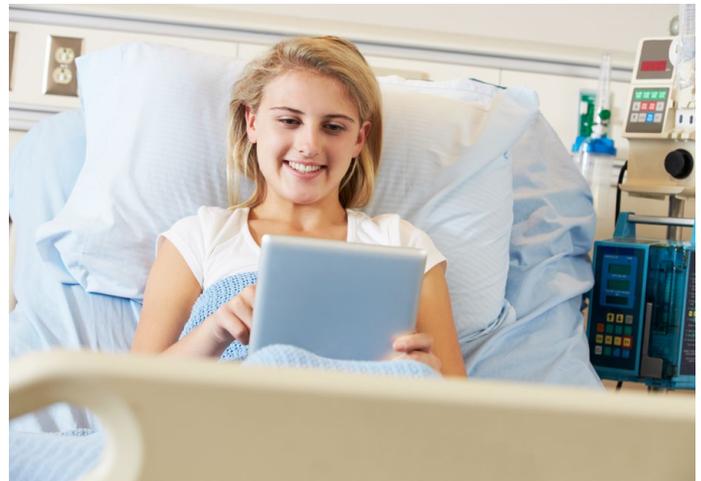


Supporting Your Teen in the Hospital

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:

- Give them clear, honest, and correct information about why they are in the hospital. Trust is important.
- Offer opportunities for choice and control.
- Ask your teen to play a role in their medical care. They can ask questions and explain how they feel and what they need.
- Encourage your teen to continue normal routines, like brushing their teeth and washing their face.
- Provide options for self-expression, such as art, talking with friends, or writing in a journal.
- Provide times of independence and privacy by recognizing when your teen needs time alone.
- Encourage staying in touch with friends and family.
- Maintain some normalcy by keeping the same boundaries and expectations you had at home.



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