

Let's talk about...

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

Ranked among the
nation's best in five
pediatric specialties



Supporting Your Toddler 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 your child's specific needs. It can be helpful to know about their familiar play items, typical activity level, temperament, and names or labels they use for objects and people.
 - When possible, work with staff to develop regular routines, like those you have at home.
 - Bring some of their favorite or familiar things from home. Blankets, toys, or stuffed animals can be brought into the hospital. You can also bring photos of family members to display in the room.
 - Help your child express their feelings and use their words. Consistent limits also help your child feel safe and secure.
 - Provide chances to play in the hospital. When it is safe, they can explore their environment.
- 
- Be honest if you need to leave your child's bedside and assure them of your return.
 - Help give your child simple explanations before medical or nursing procedures.

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