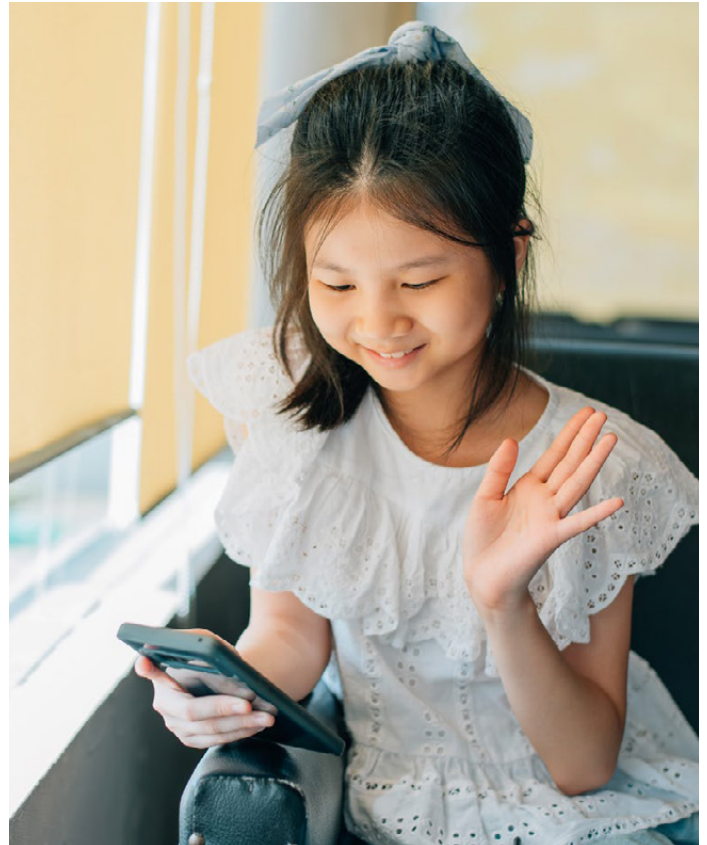


# Let's talk about...

## Supporting a Child at Home

**W**hen a child is in the hospital, it affects the whole family. Here are some ways to help:

- **Stay connected:** Have your child at home make cards or signs to decorate the hospital room. Help siblings talk through phone calls or video chats.
- **Share a piece of home:** Let your child keep something of their sibling's nearby, like a T-shirt, a pillow, or a family photo.
- **Stick to a routine:** Try to keep things at home as normal as possible. Tell teachers or coaches what is happening so they can help. Routines make kids feel safe.
- **Make time for each other:** Schedule a regular time to call home, like at bedtime. Read a story together over the video or record yourself reading a favorite book.
- **Show you care:** Send notes home to let your child know you are thinking of them. Plan a fun activity to do together outside the hospital.
- **Focus on feelings:** Pay attention to how your child is feeling. Encourage them to play, make art, or play sports to express themselves. Always remind them that you love and miss them.



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