

# Let's talk about...

## Supporting your child in the hospital

**B**eing in the hospital can be stressful for children of all ages. Preparing children for what they will experience can help lower anxiety and help them cope with their experience.

### Some tips to keep in mind:

- Share information with the medical team about your child that may help with your child's care. For example, special interests and favorite play items.
- Encourage playing as much as possible. Play helps children cope with their experience and provides normalization.
- Talk with your child about what is happening and what to expect when they are in the hospital. Use words they will understand. Encourage them to ask questions and share feelings.
- Help your child stay in touch with family and friends through phone calls or video visits.
- Develop a daily schedule for your child to keep routines consistent.



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