

Let's talk about...

How to Help When a Loved One is in the Hospital

Children may not always be able to visit a loved one in the hospital. Finding ways to stay connected from home is very important.

Here are some ways to help:

Staying Connected:

- **Get Creative:** Ask your child to make drawings, signs, or cards to decorate the hospital room.
- **Talk Often** (as possible): Use phone calls or video chats to say hello.
- **Keep a Memento:** Let your child keep something that belongs to their loved one, like a T-shirt, a pillow, or a photo.
- **Share Photos:** Send pictures of what's happening at home and share pictures of the hospital, so they know what it looks like.
- **Record Voices:** Record yourself reading a favorite book or talking. You can also set a regular time to call, like right before bed.
- **Time Together:** Set aside time together doing an activity you enjoy.



Coping with Changes:

- Keep home routines as normal and predictable as possible. Routines help children feel safe.
- Be aware of your child's feelings. Encourage play and outlets for expression. These can be sports, art, music, or any favorite activity.
- Remind your child that they are loved and missed, and that this is a temporary situation (if that is true).

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