

Let's talk about...

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


Ranked among the nation's best in five pediatric specialties



Supporting a Child at Home

When a child is in the hospital, it affects the entire family. We recognize the stress this can place on your family and want to share some suggestions to help.

Some tips to keep in mind:

- Ask your child at home if they would like to make pictures, signs, or cards to decorate their sibling's hospital room.
 - If possible, help your child to stay in touch with their sibling through phone calls or virtual visits.
 - Offer your child to keep something of their sibling's nearby (a t-shirt or pillow or family picture).
 - Keep home routines as normal as possible. Communicate with any caregiver at home, including teachers and coaches, to help with this. Routines help children feel safe.
 - Record your voice talking or reading a favorite story to your child at home.
 - Have a regular time to call home, like to say goodnight at bedtime.
 - Read a story with your child over the phone, or on a video call.
 - Plan some quality time at home or do something fun outside with your child.
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- Leave behind or send home notes to let your child know you are thinking of them.
 - Be aware of your child's feelings. Encourage play and outlets for expression. These can be sports, art, music, or any favorite activity.
 - Always remind your child you love them and miss them too.

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