

Some ideas to try:

Bear Hugs

Giving real bear hugs to your child and his/her teddy bear can help!

Create a photo album.

Put pictures of your child, your family (siblings, grandparents, pets) and other supportive people in the photo album. That way when you are at the hospital there is a reminder of others.

Reading can be a time of connection.

When you can, snuggle up with your child and share a few moments together. We know you will have many extra demands on your time, so this might not be possible as often as you would like.



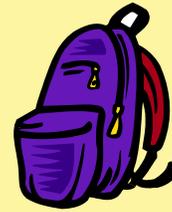
Helpful toys to have during this time:

Play Doctor's Kit

Dollhouse with family

Blank paper, crayons, and fingerpaints

Anything that talks about feelings



KIDS PACK FOR UNDER 3

Take Good Care Packs

are filled with activities to encourage

- * Comfort
- * Communication
- * Expression
- * Stress Reduction

Parents,

Please look through this pack and take out anything that you feel is too old for your child. There are some things you may want to supervise while your child uses them like, the crayons or stuffed animal. We have included a few snacks and treats. Be sure to screen for any ingredients not suitable for your child. (All foods are nut free.)

This pack has a variety of things that will be helpful to your young child. We understand that coming to the hospital for treatment can be difficult for you and your child. Inside we have listed some tips for making this as easy as possible



Some things to remember about your young child

Children are resilient.

However, they rely on supportive adults to help them understand what is happening.

Prepare your child.

Tell your child what is going to happen. Let them know before you leave for the hospital where you are going. It is best to tell your child a short time before you leave or the night before. Letting a child know he/she is seeing the doctor too far in advance can make him/her feel anxious.

Keep your explanations simple. Repeat them often.

You need medicine to make your tummy feel better. The doctors and nurses will give you medicine and then we will go play.

Reassure your child that you will stay with them.

Your presence and loving hugs are most helpful to your child. If you are not able to be with your child in the hospital, make sure a familiar caretaker is available for support.

Bring your child's favorite toys and snacks.

The blanket your child loves, a special doll or truck, favorite crackers or juice can all make the hospital less frightening. We have toys and snacks at the hospital. However, those that are familiar to your child will be most comforting.

Children do best with a regular routine.

Continue to encourage your child's normal development and independence. Walking, running, playing with toys and friends are all important activities. Check with your doctor about any restrictions for your child.

