



Bear hugs

Hugs can help! You can ask for hugs or give hugs. Hugs can make people feel better.

It is okay to laugh and play.

Kids need time to play with friends or play outside. Sometimes it helps adults to have a break too.



Dear Parent or Caregiver,
Please read this information with your child. Feel free to make changes according to your child's needs and understanding. Your presence and loving hugs will be important during this time.

Hello-

We know that kids can have a hard time when someone they love is in the hospital. We take care of loved ones who are sick or have been in an accident.

We hope that you like the materials you have received!

MGH Clinical Social
617-726-2643





What all kids need to know

It is not your fault.

You did not make your family member have an accident or get sick. No one in your family did anything to make this happen. Having a fight, or saying or thinking something mean does not cause an accident and does not make people sick. The doctors and nurses at the hospital will do their best to take care of your family member.

It is okay to ask questions.

Ask the grown ups taking care of you. No one wants you to be worried or scared.

Some kids ask:

- Where is my family member?
- Which part of their body got hurt?
- Who is going to take care of me?

Different feelings are okay.

Kids can have lots of different feelings when someone they love is in the hospital. You might feel sad or mad. You might feel worried or scared. It is okay to have different feelings on different days. Make sure you tell your mom, dad, or a special grown up about your feelings.

This is a confusing time.

There might be many people coming to your home to help. There might be lots of phone calls. This is a busy time when people are trying to help your family. You will be okay. Your family loves you.

Helpful toys to have at home:

Toys can be special friends! Sometimes it is hard to ask questions or talk about what is happening.

Your toy can ask questions or talk for you.



- Play Doctor's kit
- Dollhouse with family
- Art supplies: blank paper, crayons, finger-paints
- Stuffed animal
- Anything that talks about feelings