



Helping your child during a hospital stay

- Comfort and be there for your child as often as you can.
- Ask your child to express thoughts and feelings; listen and offer your support.
- Arrange for family and friends to visit your child.
- Encourage your child to participate in activities offered at the Hospital.
- Help your child communicate with health professionals.
- Where possible, assist your child in keeping to a routine and completing school work.
- Remember to look after yourself; take some time each day to re-energise.

For more information about caring for your child before, during and after a hospital stay, please visit www.chw.edu.au/parents/kidshealth

**kids
health**
the children's hospital at Westmead
Child Health Promotion Unit



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