

Need to visit the hospital? Here's what you can do...

INFANTS (BIRTH TO 18 MONTHS)

WHAT TO BRING:

- Pacifier
- Blanket

HOW PARENTS CAN HELP:

- Stay close to your child
- Touch your child (rub hair, pat chest, etc)
- Sing a familiar song
- Don't be afraid to ask if you can hold your child during procedures (ex. breathing treatments, blood pressure, temperature taking)

TODDLERS (18 MONTHS TO 2 YEARS)

WHAT TO BRING:

- Pacifier
- Blanket
- Stuffed Toy/Doll

HOW PARENTS CAN HELP:

- Stay close to your child and hold his/her hand
- Use praise, "You're holding still. Great job!"
- Helpful distractions: books, video, bubbles
- Don't be afraid to ask if you can hold your child during procedures (ex. breathing treatments, blood pressure, temperature taking)

PRESCHOOL (3-5 YEARS)

WHAT TO BRING:

- Pacifier
- Blanket
- Stuffed Toy/Doll
- Favorite Toy
- Favorite Book

HOW PARENTS CAN HELP:

- Stay close to your child and hold his/her hand
- Use praise
- Helpful distractions: look-and-find book, video, bubbles, pinwheel, hugging favorite item
- Sing songs, talk about something your child enjoys
- Affirm their fears or pain. The unknown can be very scary for children. They don't have to be "brave"—it's ok to cry
- Don't be afraid to ask if you can hold your child during procedures (ex. breathing treatments, blood pressure, temperature taking)



SCHOOL AGE (6-10 YEARS)

WHAT TO BRING:

- Favorite Toy/Doll
- Hand-held electronic (game, movie, music)

HOW PARENTS CAN HELP:

- Stay close to your child and hold his/her hand
- Use praise
- Helpful distractions: I Spy book, video, bubbles, pinwheel, hugging/holding favorite item
- Affirm their fears or pain. The unknown can be very scary for children. They don't have to be "brave"—it's ok to cry
- Don't be afraid to ask if you can hold your child during procedures (ex. breathing treatments, blood pressure, temperature taking)

TEEN (11 AND UP)

WHAT TO BRING:

- Hand-held electronics (games, movies, music)

HOW PARENTS CAN HELP:

- Ask your teen what might help him/her (Holding hands, talking/not talking)
- Helpful distractions: video game, movie, iPod/iPad

If your child is scheduled for a test or procedure and you'd like further support please contact the Child Life Specialists at Edward Hospital (630) 527-3133.