

## My child's schedule

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Here at Texas Children's we recognize the importance of providing routine for your child. Please display this for your medical team.

I wake at: \_\_\_\_\_

I feed at: \_\_\_\_\_

I nap at: \_\_\_\_\_

I play at: \_\_\_\_\_

I sleep at: \_\_\_\_\_



## About Child Life

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At Texas Children's Hospital, we understand a visit to the hospital can be challenging for your child and family. Child Life Specialists are available to ease your child's anxiety and help him or her feel more comfortable in the hospital.

They use age-appropriate explanations to help children know what to expect while at the hospital. Child Life Specialists also know that the hospital can bring up different feelings for your child. Therefore, they will work with you to support your child's emotional needs. Child Life Specialists also provide play opportunities to support your child's growth and development.



**Texas Children's  
Hospital<sup>®</sup>**

Contact your child life specialist to learn more about helping your child cope with hospitalization.

## A PARENT'S GUIDE TO UNDERSTANDING THE HOSPITALIZED CHILD

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Birth to 18 months

## Toys to Encourage Play and Development

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- Rattles
- Ring links
- Swings
- Bouncy seats
- Mobiles
- Mirrors
- Sorting toys
- Stacking rings
- Balls
- Soft blocks
- Board books
- Light up toys
- Wooden puzzles
- Toys that show cause and effect
- Musical toys



## Foundations of Infants and Toddlers

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Children develop rapidly during the first two years of life. Responding to your baby's needs helps form a secure attachments that will be the foundation of your infant's development. As your child builds trusting relationships they will begin to explore and learn from their environment. Every baby needs face-to-face interaction, touch, play, and to hear language.

## Potential Stressors during Hospitalization

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- Change in routine and environment (may cause infants to have difficulty feeding and sleeping which will require more support from caregivers)
- Unfamiliar surroundings (bright lights, loud noises, multiple caregivers)
- Limited opportunities to explore and play
- Limited understanding of pain

## Helping your child cope with hospitalization

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- Offer familiar toys and activities (books, blankets, stuffed animals)
- Hold, sooth, touch, and talk to your baby
- Be present for procedures to provide comfort when possible



- Maintain home routines
- Observe and respond carefully to your infant's cues and behaviors
- Provide extra attention to communicate love and support
- Your baby can feel your stress so don't forget self-care