

Preparing your child for hospital

A visit to hospital is a big event in a child's life, even if it is only for a day procedure.

Here are some tips and recommendations to help making it a smooth experience.



Preparation at home

Get them involved



Packing the bag



Choosing pyjamas



Talk about going to the hospital



What to bring

Help them feel comfortable



Favourite Toy



Blanket



Bottle



Entertainment



During your stay

Do as much as you feel comfortable



Cuddle and Play



Go along for tests and procedures



Going back home

It is not unusual for a child to show some behaviours that are different to normal when they leave hospital. Stick to your usual routines and give them some time, patience and understanding. Your child will soon return to their normal self.