Come Visit!

Preparing Children to Visit Family Members in the Hospital
When a parent or family member is hospitalized, children often have a hard time understanding the reasons or rules about visiting the hospital. Family life may be disrupted and children’s schedules often change. Including children in the hospital experience is helpful as long as children have appropriate information and preparation. This booklet is created to help you prepare and include your child in the health care experiences of your family.
The ICU (intensive care unit) is a special place in the hospital for the people who need the most care, if they are very sick or hurt. Special doctors, nurses and other hospital workers will be taking care of your family member. They will be using many important medical “tools” for helping make people better.

This book will tell you about the things you may see or hear while you are visiting in the hospital.
The Family Center is a special place for families to check in before visiting other areas of the hospital. There is always someone working at this center who will help you find your family member’s room.

Your family member, who is called “the patient,” may not look the way you remember. Sometimes the medicine or bandages may make his or her face look puffy. He or she will be lying in the hospital bed and may have many tubes attached to their body. There may be lots of equipment in the room. There might be many doctors and nurses taking care of your family member. Your special person may not be able to talk to you, but you can talk quietly to them. You will only be able to stay at the bedside for a few minutes. You can work on this book while you are waiting in the Family Center.
draw a picture of your family!
One of the best ways that you can help everyone in the hospital is to remember to wash your hands often before you go into your family member’s room and when you leave. Being careful to be super-clean and not let germs into the hospital is very important!
The room where your family member is staying looks like this, with a special bed and other medical equipment. Some rooms have a lot of extra equipment to help people get better. People who are taking care of your family member will explain the things that you see and hear in the room.
A breathing machine, or ventilator, may be helping the person to breathe while his or her body is healing.

Some machines, like this monitor, are checking how different parts of a person’s body are working. Sometimes it makes beeping noises to tell the nurses important information.
People who work in the hospital wear special clothes called scrubs. They are very clean so no germs are spread in the hospital.

draw a picture of yourself wearing hospital scrubs!
Many people with many different jobs will be helping to take care of your special person. Write the names of some of the people who you meet in the hospital.

1. ___________________  4. ___________________
2. ___________________  5. ___________________
3. ___________________  6. ___________________
things you can do

- Draw a picture
- Write a note
- Keep a journal
- Read to your family member
- Bring photos of you and your family to decorate the room
- Play quiet music or sing
- Sit quietly and hold their hand
color the pictures!

IV Stand and Medicine Bags

Monitor

Ventilator or Breathing Machine
Draw a picture of your family member in the hospital bed. Decorate the room the way you think it might look.
match the picture

draw a line from the word to the correct picture.

Stethoscope
IV
Wheelchair
Mask
Bracelet
Crutches
Blood Pressure Cuff
Monitor
word search

BED
VISITOR
TABLE
MEAL
NURSE
MONITOR
BRACELET
GOWN
TRAY
VENTILATOR
BEDSIDE
DOCTOR
XRAY
Write or draw about the things you will do when your family is together again.
color in the pictures!
WAITING ROOM