



When Someone is Sick

HELPING YOUR CHILD COPE WITH A LOVED ONE'S HOSPITALIZATION

Need help supporting your child when a loved one is in the hospital? Here at Intermountain we have created a guide to help your family during this time. We have listed the key points of what is included in the guide. Scan the QR code below to access the guide to learn more.

COMMON HOSPITAL CHALLENGES

Your child may experience a range of emotions with a loved one in the hospital. This is normal. In this section, you will be able to read more about common hospital challenges based on your child's age. You can find common responses and tips on what may help during this time.

COMMON QUESTIONS

It can be hard to talk about a loved one in the hospital with your child. Refer to this section in the guide to find common questions asked and general tips.

ACTIVITIES TO ENCOURAGE CONNECTION

Want to help your child stay connected with their loved one? This section has ideas and crafts that have helped other families. These ideas and crafts can be done at home in the hospital.

THE NEXT STEP

What happens after a loved one leaves the hospital? This section can help you prepare your child for what to expect, ways to help with adjusting to a new normal, and tips to help handle change. Remember, you know your child best.

GLOSSARY & HUMAN ANATOMY

Medical terms can be big words to understand. Use this section to help explain medical terms to your child using simple language.

TAKING CARE OF YOURSELF

Be patient with your child and yourself. You are not expected to have all the answers. Refer to this section for some suggestions to help manage your own stress.

ADDITIONAL RESOURCES

Refer to this section for a list of book resources.



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