



# When Someone is Sick:

## Helping your child cope with a loved one's hospitalization

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You and your child both need support when a loved one is in the hospital. To help, we have created a guide for you and your family. Scan the QR code below to see what's in the guide and how it can help. Topics include the following:

### Common hospital challenges

It's normal for your child to experience a range of emotions when a loved one is in the hospital. We will help you learn about common hospital experiences based on your child's age. You can find common responses and tips on what may help.

### Common questions

This section will help you talk with your child and to find answers to common questions asked as well as general tips.

### Activities to help maintain connection

Help your child stay connected with their loved one with activities and crafts that can be done at home or in the hospital.

### Next steps

What happens after a loved one leaves the hospital? The guide will help you prepare your child for what to expect, ways to help with adjusting to a new normal, and tips to help handle change.

### Glossary of human anatomy

Medical terms are big words and can be hard to understand. The guide will 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. Check out this section for some suggestions to help manage your own stress.

### Additional resources

Books and websites to help you learn more.



**Scan QR code  
to access online**