

Tip Sheet: Talk With Your Child about Visiting the Hospital

Talking openly with your child before going to the hospital can be beneficial. Here are some tips to get you started:

- **Be honest:** It's important to let your child know some things may hurt. But let your child know it is normal to be scared and it is okay to cry. They need to express their feelings, ask questions and also be comforted that things will get better and that the hospital stay is temporary.
- **Who you'll meet:** Talk about the [type of healthcare professionals](#) your child might meet at the hospital (doctors, nurses, therapists) and that nurses are on duty around the clock to make sure they get better quickly.
- **How you'll feel:** Discuss with your son/daughter what they might expect to feel during the visit, whether they may be tired, have an upset stomach or where else it might hurt.
- **What hospitals are like:** Many children find it reassuring to talk about the similarities between the hospital and home such as regular meals, play time and having their own bed.
- **Other patients:** Talk about some of the other children that your child may meet. It might be scary for kids to see other kids who are sick, but remind your child that other kids at the hospital are there to get better too, and that they like to play and laugh just like your child.

