

Welcome to

Children's Hospital Boston








Children's Hospital Boston

Children's Campus

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Ask me!
 During our busiest times, you may see employee volunteers stationed in the main lobby and at the top of the main staircase. These "Ask me!" volunteers are happy to help you with directions or answer your questions.



Dana-Farber Cancer Institute

Longwood Galleria

BINNEY STREET



319 Longwood
319

Karp Family Research Laboratories

333 Longwood
333





Children's Hospital Boston

Welcome.

Now that you're settled in, please take a few minutes to familiarize yourself with all that Children's has to offer by reading this handbook and enclosed materials. This information will help you get to know the services we provide.

We are fully committed to taking care of your child and his or her health concern, but we also want to help you handle all the other challenges that come with having a child in the hospital. I encourage you to be an active participant in your child's care by asking as many questions as you like and by taking advantage of the many support services we have to offer.

On behalf of our entire team, welcome to Children's. Rest assured, your child is in good hands and we'll do everything we can to provide you with exceptional care and exceptional service.

Sincerely,

James Mandell, MD
Chief Executive Officer



Socialize with Children's



Children's Hospital Boston's Facebook fan page is the largest hospital page in the world! Have you become a fan yet? If not, visit [facebook.com/childrenshospitalboston](https://www.facebook.com/childrenshospitalboston).



Thousands of people are already following @ChildrensBoston and @ThriveChildrens on Twitter. Are you getting our Tweets?

Children's Thrive blog was recently named one of the best pediatric health blogs in the country by Parent and Child magazine. Stop by every day for the latest in child health at childrenshospitalblog.org.



Your stay at the hospital

Your dedicated care team will do everything possible to make you and your child comfortable and answer any questions you may have. Here are some things you'll likely want to know about.

Activities

Each inpatient floor has an activity room where children, teens, young adults and parents have an opportunity to play games, do artwork and listen to music. Here, Child Life specialists provide creative and educational activities and supervise unit volunteers. Bed-side activities are provided for patients who are unable to go to the activity rooms.

Daily routine

Although each unit varies, in general, the day begins with routine nursing care, rounds by the medical team, breakfast and then any tests or procedures. Feel free to ask the doctors and nurses as many questions as you have.

Eating

Meals will be served to your child in his or her room. You or your child can order meals from a menu by calling **617-355-FOOD**. A limited selection of kosher and Halal meals are available for patients. Please ask your nurse for help ordering these meals.

Guests' meals can also be delivered to your child's room. You may purchase \$7 guest meal vouchers in The Café at Children's **9**. Once you have purchased them, you can call the number above with your meal selections using the patient menu. Upon delivery, our patient services staff will collect your guest meal voucher. Unused vouchers may be returned for a full refund. Families can also buy their meals at Au Bon Pain **4** in the lobby or at area restaurants (see The Children's Neighborhood in this packet).

If your child is able to leave the unit, instead of ordering a meal in the room, your nurse can give you a coupon so he or she can eat in The Café at Children's. Please check with your child's nurse before giving your child food from outside the hospital.

Sleeping at the hospital

One parent can stay with a child in his or her room. Chairs in most rooms fold out into cots, while some rooms have beds built into the window alcoves. There are showers in each patient room for parents to use (except in the ICUs), and we provide lockers and safes for securing valuables.

If your child is staying in an intensive care unit, in addition to the space by the bedside, there are a limited number of dormitory-style rooms available for parents. For more information, stop by the Center for Families **12** on Farley 1.

Children's is a teaching hospital, so many doctors and doctors-in-training will be checking on your child throughout the day. For a list of the types of caregivers you might meet, see page 11.

Your nurse and other staff members will do everything possible to make sure that medical procedures are done during the day, but your child will probably be woken up at night for routine checks.



Don't let me fall.

Children fall for many reasons while in the hospital. Staff use a number of tools to prevent falls, but we need your help. Be sure that every child is safe while at Children's, always be extra careful and ask a staff member whenever you have any questions or need assistance.

Making the most out of your hospital stay

Our Family Advisory Committee offers patients and families the following tips:

Access resources

Especially while waiting during your child's procedure or surgery, discover the resources that are available at the hospital that could benefit your family in the Center for Families **12.**

Take notes

Before your child is discharged, write down notes or any additional questions you may have so that you remember important information. Before leaving, identify important numbers to call, such as the nursing line, prescription refill phone line and appointment line.

Prepare to stay

Be ready to stay at the hospital longer than anticipated. If you do have an unexpectedly long stay, hospital resources such as Center for Families staff, social workers, interpreters and volunteers are available to assist you.



Your stay at the hospital

Email

If your family or friends would like to email your child, they should use your child's full name as the subject and send the email to **patient@childrens.harvard.edu**. The email will be printed and delivered to your child's room.

Mail and gifts

Patients may receive letters, cards and gifts through the mail. Mail should be addressed to:

Child's full name
Floor number, unit
Children's Hospital Boston
300 Longwood Ave.
Boston, MA 02115

Visiting a patient

As parents or guardians, you are welcome to stay in the hospital with your child 24 hours a day, although there is room for only one parent to sleep overnight. You are required to wear a yellow photo ID badge, which is issued at the Information Desk **1** in the main lobby. Parent ID badges are issued Monday–Friday, 8 a.m.–9:30 p.m. and Saturday and Sunday, 7 a.m.–9 p.m. Parents/guardians must show identification (a driver's license) in order to receive a visitor ID. This ID also allows you to get discounts and special offers at many area businesses. Please see The Children's Neighborhood in this package for more information.

Brothers, sisters, friends and relatives outside of the immediate family may visit every day between noon and 8 p.m. and will be required to wear a blue badge while in the hospital. These visitors will be asked a series of questions about current or recent infections and exposure to contagious diseases that could place patients at risk. In most cases, this

screening will take place at the Information Desk in the main lobby. However, screening may also take place at the entry to certain units.

Visitors with current or recurrent symptoms or exposures should not visit inpatient units and may be asked to remain in the main lobby. Once cleared, visitors will be given a sticker, valid for one day, that must be worn at all times while they are in the hospital. Only parents or guardians are allowed to visit the hospital after 8 p.m., with some exceptions.

- Please try to limit the number of visitors. Check with your child's nurse for your unit's policies.
- Please do not bring siblings or other visitors who have evidence of current or recent infection or exposure to contagious diseases to visit your child.
- Please notify staff on your child's unit in advance when arranging for entertainers or special guests.
- Please make sure visitors are considerate of other patients and staff, especially in regard to noise. Parents are responsible for their other children during visiting hours.
- Food, fresh or dried flowers and plants are not allowed in patient rooms on certain floors such as the ICUs. Silk flowers, pictures and cards are welcome.
- Latex balloons are not allowed anywhere in the hospital. Deliveries of latex balloons to the hospital will not be accepted. Mylar balloons for patients are welcome.
- Please note that space for personal items is limited in the ICUs.

How to help

If friends or family members ask you how they can help, you can direct them to **childrenshospital.org/howtohelp**, which has the following information:

Blood donation

Family and friends can donate blood or platelets at our Blood Donor Center **6** in the Pavilion Lobby. The center is open Monday–Thursday, 9 a.m.–7 p.m., and Friday, 7 a.m.–4 p.m. To schedule an appointment for a blood or platelet donation, call **617-355-6677**. The center also takes walk-in blood donations during hours of operation.

Gift baskets and gift cards

There are a variety of gift baskets available through the hospital's catering service. Also, vouchers for parent meals at The Café are available for purchase.

*For more information or to place an order, visit **childrenshospital.org/giftbaskets** or call **617-355-2278** Monday–Friday, 6:30 a.m.–5:30 p.m.*

Donate to the hospital

There are many ways to give back to Children's: Make a donation, participate in one of our fundraising events or even host your own event to benefit the hospital.

*Visit **childrenshospital.org/giving** for more information or call **617-355-6890**.*



Be a germ buster!

You can stop the spread of germs that may make you and others sick!

To help stop the spread of germs:

- **If you are planning to visit a patient and are sick, please reschedule your visit. Remember that a fever, flu, sore throat, cough, cold or other illnesses can easily spread.**
- **Cover your mouth and nose with a tissue when you cough or sneeze.**
- **If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.**
- **Put your used tissue in the waste basket.**
- **After coughing, sneezing or blowing your nose, clean your hands with soap and water or alcohol-based hand sanitizer.**



FAQs for teens and young adults

Can my friends visit?

Unless your medical condition prohibits visitation or you are in an intensive care unit, your friends and siblings can visit you in your room from noon–8 p.m. Try to limit it to three friends at a time. Your parents, grandparents or guardians can visit at any time.

Can I email my friends and go online?

In addition to the computers available for your use in the Center for Families **12**, some units have computers you can use to email friends and go online. If you have a laptop, you can bring it; all inpatient rooms have free Internet access.

Can I go outside?

If your doctors and nurses agree that it's OK, you can go outside to the Prouty Garden **17**.

Do you provide tutoring?

Children's provides tutoring for eligible students. Please ask your nurse or Child Life specialist for tutoring information.

Am I allowed to bring in food?

You may have food restrictions while you're in the hospital, so it's important to talk to your nurse before eating food from outside the hospital.

Who can answer my medical questions?

Your nurses and doctors are happy to answer all of your questions. Remember, you are part of the team and will be involved in decision-making, too.

Special teen-centered programming

Some floors have rooms with activities just for teens. Ask your Child Life specialist for details. Teen carts offer movies, games, music and art projects.

Tips from Children's Teen Advisory Committee

- Ask any and every question you can think of about your illness and treatment.
- Have your doctor and nurse speak to you, too—not just your parents!
- If you feel afraid or nervous, try to remember that the doctors and nurses are here to help you.



Phones

Landline/ in-room phones

Phones are available in most patient rooms. The direct-dial number may be shared with friends and family; parents and patients should request that friends and family members not call the room after 8 p.m. They may also call Patient Services at 617-355-6201 to be transferred to the room. There is no charge for incoming calls.

When calling a Children's phone number within the hospital, you don't need to dial the whole phone number. You can dial 5 plus the four-digit extension of the person or department you're trying to reach.

Outgoing calls can be made through the hospital operator (0) or by dialing:

Within local area codes: 9 + 1 + area code + telephone number

Outside of local area codes (using a calling card or calling collect): 9 + 0 + area code + telephone number.

There is no charge for calls to 617, 508, 857 and 781 area codes. Calls made outside these area codes must be made collect or charged to a calling card or a third party.

Pay phones

Pay phones are located near the elevators on most patient floors.

They are also in the Emergency Department, the hospital's main lobby behind the valet desk and the Pavilion lobby.

Sorenson Video Phone

Sorenson Video Phone is a video phone service that helps deaf and hard-of-hearing patients and family members communicate with their family and friends outside the hospital. Video calls are placed over a high-speed or broadband Internet connection through an easy-to-use Sorenson Video Phone appliance connected to a TV. Ask your nurse for details.

Cell phones

For reasons of patient privacy and safety, we ask that you not use cell phones in restricted areas. Please note that cell phones, smart phones, personal data assistants (PDAs) and other wireless devices are not allowed within three feet (one arm-length) of electrical medical equipment such as incubators, ventilators, IV pumps, patient monitors and electric wheelchairs.

Ask your child's nurse for guidance on where it's safe to use your phone or other wireless device.

Hospital amenities

ATMs and the cashier

Automated Teller Machines ⁷ ATMs are located at the top of the stairs in the Farley/Pavilion Building.

The cashier ¹³ is on Farley 1, across the hall from the Center for Families ¹². The cashier sells stamps, provides change and can cash traveler's checks or money orders. Personal checks up to \$25 can also be cashed. Hours are Monday–Friday, 8 a.m.–4:30 p.m.

Food and pharmacy

The Café at Children's ⁹ offers breakfast, lunch and dinner. Options range from pizza, sandwiches and soups, to pastas, fish, salads and more hearty meals. To get there from the main lobby, go up the stairs or take the glass elevator up one floor and follow the signs down to The Café. Hours are Monday–Friday, 6:30–11 a.m. and 11:30 a.m.–8 p.m., and Saturday and Sunday, 6:30–11 a.m. and 11:30 a.m.–7 p.m.

Au Bon Pain ⁴ bakery café, located in the main lobby, is open 24 hours a day except Saturdays, when it's open from 6 a.m.–9 p.m.

Pharmacy/personal care items The CVS pharmacy ³ in the main lobby stocks personal care items, such as toothpaste, deodorant and shampoo. There are showering facilities located on each inpatient unit. Ask your unit nurse where the facilities are for your unit.

Laundry

Laundry facilities ¹⁶ Washers and dryers are located on the first floor of the Farley Building. The machines are coin operated (\$1.25 each, quarters only). Bills can be changed at the cashier. Laundry detergent is also for sale. Laundry facilities are open 24 hours.

Wi-Fi

Wireless Internet access for computers is available throughout the hospital. Wi-Fi hotspots include a content filter with a blocking profile that prevents access to offensive and illegal Web sites.

Televisions

TVs tuned to kid-friendly programming are in the main lobby behind the fish tanks and in The Café.

Art for Kool Kidz

There are several galleries ² in or near the main lobby. The largest is the Gallery at Children's, which is located behind the reception desk and features rotating exhibitions. Other locations include the Café Gallery, located on the back wall of Au Bon Pain, the International Gallery on the first floor of Farley and the gallery in the Patient Entertainment Center.

The Patient Entertainment Center (PEC)

Enjoy weekly magic shows, bingo, musical performances and storytelling, among other activities in the PEC ¹⁰. The PEC also has activity tables, engaging games on the walls and a colorful jukebox as well as video games on "free play." The PEC is located in the Farley/Pavilion Building to the right of the top of the lobby stairs, directly in front of the elevator. Patients and families may visit any time.

A schedule of events is posted outside the PEC and on your unit. The events are also listed on Channel 22, the hospital's internal TV channel, which can be viewed in patient rooms. Volunteers may be available to escort your child to the PEC if you are unable to do so.

Berenberg and Prouty gardens

These gardens are nice for solitude and reflection.

To reach the Berenberg Garden ¹⁵, take the main lobby staircase to the second floor, turn right and follow the long hallway past the Patient Entertainment Center on your left. Turn left at the end. The door to the garden is on your right.

The larger Prouty Garden ¹⁷ is accessible via the Farley Building main floor, right next to the Center for Families.

Bippity Bop Machine

Visit the hospital's main lobby, where the Bippity Bop Machine sends balls swirling, twirling, falling and popping.

History of Children's

The hospital's Archives Program brings the past to life, connecting people with the history of Children's through exhibits in its display case ¹¹. Visitors of all ages enjoy the historic photographs, artifacts and papers on display in Farley just up the stairs from the hospital's main lobby.

Follow the Children's History Trail, a self-guided tour that describes people, places and achievements of Children's past. Tour maps are available in the main lobby.

For more information visit childrenshospital.org/archives.

For more information on area amenities outside of the hospital, please refer to *The Children's Neighborhood* booklet in this package.



Support and services

Chaplaincy and spiritual support

Chaplains can help meet your unique spiritual needs or contact local clergy of your own tradition. Our chaplains, representing a variety of faiths, including Islam, Judaism, Protestantism and Roman Catholicism, are available 24 hours a day. You may request a chaplain's visit at any time by calling the office directly or asking your nurse to have a chaplain paged.

The Interfaith Chapel ¹⁴, located on Farley 1, is always open.

To email an individual chaplain, visit childrenshospital.org/chaplain or call **617-355-6664**.

Child Life Services

Child Life specialists enhance patients' emotional, social and cognitive growth during a hospital stay by giving special consideration to each child's family, culture and stage of development. Child Life supports patients and families through medical tests, prepares children for procedures and develops ways to help children to cope with fear and anxiety related to their care. Specialists offer play opportunities, facilitate art and educational activities and encourage medical play to prepare children for upcoming procedures.

To find out more, call **617-355-6551**, Monday–Friday, 9 a.m.–5 p.m. or visit childrenshospital.org/childlife.

Integrative Therapies

Our Integrative Therapies team is made up of credentialed clinicians who provide a wide variety of alternative therapies to complement your child's care. They also provide demonstration classes for parents. Our staff includes a team of highly trained people who can provide:

- Acupuncture
- Expressive Arts
- Guided Imagery
- Massage Therapy
- Reiki
- Therapeutic Touch
- Yoga

For more information, call **617-355-6279**.

Fun, friends and personalized care

Center for Families ¹²

The Center for Families can help you learn more about your child's medical condition and take part in his or her care. All patients, families and professionals are welcome to visit. The center is located in the Farley Building, just up the stairs from the hospital's main lobby, and is open Monday–Friday, 8 a.m.–7 p.m., and Saturday, 9 a.m.–1 p.m.

At the center you'll find:

- Information on illnesses, treatments, child development, parenting and sibling issues
- Hospital and community resources, including family-to-family support
- Computers to access email and the Internet and create personal Web pages
- Lactation specialists who can help you find a lactation room and can rent or sell you a breast pump
- Patient Relations representatives you can consult with (see page 10)
- Car seats or strollers to rent for the day
- Books, games, movies and video games

For more information call **617-355-6279** or visit childrenshospital.org/families.

Big Apple Circus Clown Care SM

This team of specially trained professional performers uses comedy, juggling, music and magic to bring laughter to children, their parents and the hospital staff. You may see a clown in any of the hospital's departments during your visit.

Pawprints

Children's therapy dog visitation program provides children and their families a healthy diversion from the usual hospital routine. Eligible patients and their families may request a visit from one of the hospital's therapy dogs. To find out if your child is eligible for this program, ask your Child Life specialist.

Experience Journal

Some patients and families can share their experiences living with a particular disease or health problem in the online Experience Journal, which also allows you to read stories written by families, patients and clinicians in the following areas: ADHD, asthma, bereavement, cardiac illnesses, cerebral palsy, depression, diabetes, hearing loss, inflammatory bowel disease, transplantation and weight issues.

If you or your child would like to write a story for the Experience Journal, talk to your clinician in one of the above areas or visit experiencejournal.com.



Support and services

The International Center

The International Center **8** coordinates all necessary details involved in receiving medical care and helps families with financial clearance for patients who have traveled to Children's from other countries. It can also assist in establishing a temporary "home away from home."

For more information, call **617-355-5209**.

Interpreter Services

Children's provides interpreters in more than 67 languages. You can request an interpreter—including American Sign Language interpreters—at any time during your stay by asking your child's nurse for assistance.

Education and tutoring

Children's provides tutoring for eligible students. Ask your nurse or Child Life specialist for tutoring information.

Medical Coping Team

The Medical Coping Team is located in the Outpatient Psychiatry Program on Fegan 8 and helps patients and families deal with the stress and anxiety caused by health-related problems.

For more information, call the Outpatient Psychiatry Intake Office at **617-355-6688**.

Social Work

At Children's, we understand that hospitalization, illness or injury is a stressful experience. Clinical social workers are available in every area of the hospital to help you with the broad range of psychosocial issues and stresses related to coping with illness and maintaining health.

You may request a social worker through your doctor or nurse or by calling the department directly at **617-355-7965** Monday–Friday, 8:30 a.m.–5 p.m. Nights, weekends and holidays, contact the page operator at **617-355-6363**. You can also visit **childrenshospital.org/socialwork**.

Family Initiatives Program

The Family Initiatives Program provides families an opportunity to become involved at the hospital by partnering with staff members and hospital administration to create positive changes for patients and families. The program currently includes the Family Advisory Committee, a group of patient family members and hospital staff that meets quarterly to provide family input to hospital policy and planning. Also, the Family Faculty program allows family members to give their perspectives.

To learn more, contact **617-355-2058** or the Center for Families at **617-355-6279**.

Relaxation techniques for kids (and they work for grownups, too!)

Breathe deeply

Count backwards

Tell stories or sing aloud

Think about a happy or fun time and pretend to be there

Listen to music

Blow bubbles

Pretend to blow the candles out on a birthday cake

Squeeze your hand

Look at a picture or a toy



Tips for parents

A child's hospital stay can affect many areas of your family's daily life. Here are five ways you can help yourself and other family members deal with your child's hospitalization.

Ask questions

It's helpful to learn about the hospital, so you know what to expect and can better answer your child's questions. You should ask your child's doctors and nurses any questions you have about your child's medical condition, his or her treatment and the hospital experience. You may want to write down the questions to help you remember them.

Eat regular and balanced meals

Avoid skipping meals and filling up on coffee or junk food.

Rest and nap

Naps can restore you physically and emotionally and help you get through the day, especially if you are getting less sleep at night.

Exercise to get rid of nervous energy

Try to get out of the hospital for a walk or find some activity to help relieve stress. Families of patients can go to the nearby Fitcorp gym free of charge. Your yellow hospital ID badge allows you temporary membership. Fitcorp is at 77 Avenue Louis Pasteur.

For details, call **617-738-9229**.

Talk with others

Talking with others may help you deal with the emotions you're feeling. Ask the social worker on your child's unit about support groups.

If you have questions or concerns about preparing yourself and your child for your hospital experience, call Child Life Services Monday–Friday, 9 a.m.–5 p.m., at **617-355-6551**.

Support and services

AWAKE

AWAKE (Advocacy for Women and Kids in Emergencies) is a free and confidential service that works with patients, their parents and employees who have been in or currently are in relationships that make them feel unsafe.

To contact this service at any time, call the page operator at **617-355-6369** and ask to speak to the AWAKE advocate on-call.

Program for Patient Safety and Quality

Caring for your child's health is a team effort and you are an important member. Patients at Children's have rights and responsibilities. Please see the patient rights brochure in this package for details. Always remember that your opinion counts. When you come to Children's to receive treatments and medications for your child's illness, you will have many caregivers who will do everything they can to keep your child safe. One of the most important things you can do to help make your child's care safe is to ask questions. When you don't understand what is happening or something doesn't seem right to you, please speak up. Working together, we can be the safest hospital for your child's care.

Patient Relations

We want you to be completely satisfied with your visit here, so our Patient Relations Department will work with you to address concerns about hospital policies and procedures, the quality of hospital services or the patients' bill of rights. If you have any concerns, a member of our staff is available in the Center for Families **12** Monday–Friday, 8:30 a.m.–4:30 p.m. Discussions with Patient Relations staff are always confidential. Call **617-355-7673** during regular business hours. After 4:30 p.m. and on weekends, have the administrator on duty paged by calling **617-355-6369**. If the call is not urgent, please call **617-355-7673** and leave a message.

To send your feedback by email, visit childrenshospital.org/patientrelations.

If you are not satisfied with the response from Patient Relations, you may contact:

**Department of Public Health, Division of Health Care Quality
Advocacy Office, Patient Protection Unit**

800-462-5540

Board of Registration in Medicine

617-654-9800

Medical research

We're committed to identifying new approaches to the prevention, diagnosis and treatment of childhood diseases and promoting the health of children through active research. During your visit, a doctor, nurse or research coordinator may ask you if you want your child to participate in a research study.



Security and policies

Security

Children's is not responsible for lost or stolen property. Since many people go into and out of the hospital at all hours, theft is a concern. Please try to leave valuables at home, including expensive clothing, large sums of money and valuable jewelry. Talk to your nurse about securing your items.

Weapons, including firearms and knives, are not allowed on hospital grounds. If you are legally authorized to carry a weapon, please contact the Security Office at 617-355-6121 to arrange to have it secured. Security will hold your weapon while you are visiting the hospital; you may claim it when you leave.

For safety reasons, Children's recommends that you do not walk alone outdoors at night. Please call Security if you need an escort.

The Security Office **18** is located on the first floor of the Patient and Family Garage and is open Monday through Friday, 8 a.m.–4:30 p.m.

For more information, call 617-355-7455.

For emergency assistance at any time, call 617-355-6121.

Smoking

For the health of our patients, families and employees tobacco use is prohibited on all Children's property—inside and out. If you feel the need to smoke you must leave the Children's campus. Maps helping you identify our property lines are available at the Information Desk **1** in the main lobby.



Alcohol and drugs

Alcohol and illegal drugs are prohibited in the hospital and on the grounds. Patients, parents or other visitors who would like professional help for problems with alcohol or drug use may speak to a nurse, physician or social worker.

Going home

The night before your discharge, please make arrangements for your transportation home.

When it's almost time for you to go home, your nurse will speak to you about your discharge time and provide you with any special instructions about activity, diet, medications, post-procedure care and follow-up appointments.

This welcome packet is yours to keep. Please bring it home with you and use it to store all the materials related to your child's stay.

Ways to help your child adjust

- Talk with your child about his or her hospital stay.
- Play doctor or hospital. Through play, your child may bring up feelings about the hospital experience.
- Invite your child to draw pictures and ask him or her to tell you about them.
- Talk with your child about any dreams or nightmares. Offer reassurance and positive information about the hospital.
- Plan to spend extra time with your child. Give him or her extra affection and attention during the first week back at home.

- Return to your usual family routines and follow your usual rules about bedtime, playtime, clean-up and meals. It may take a child a week or two to adjust to being at home.

Some ways children express their feelings

Your child may need to work through feelings about the hospital experience after he or she gets home. Children often don't know how to talk about their feelings and may express themselves in a variety of ways, including:

- A change in sleeping or eating patterns
- Fear of being left alone by a parent
- Increased irritability and frustration
- Whining or clinging to a parent
- Regression (thumb sucking, loss of toilet-training skills)
- Difficulty sharing attention
- Aggression (fighting or arguing with siblings), resisting household rules

If symptoms persist, contact your physician.



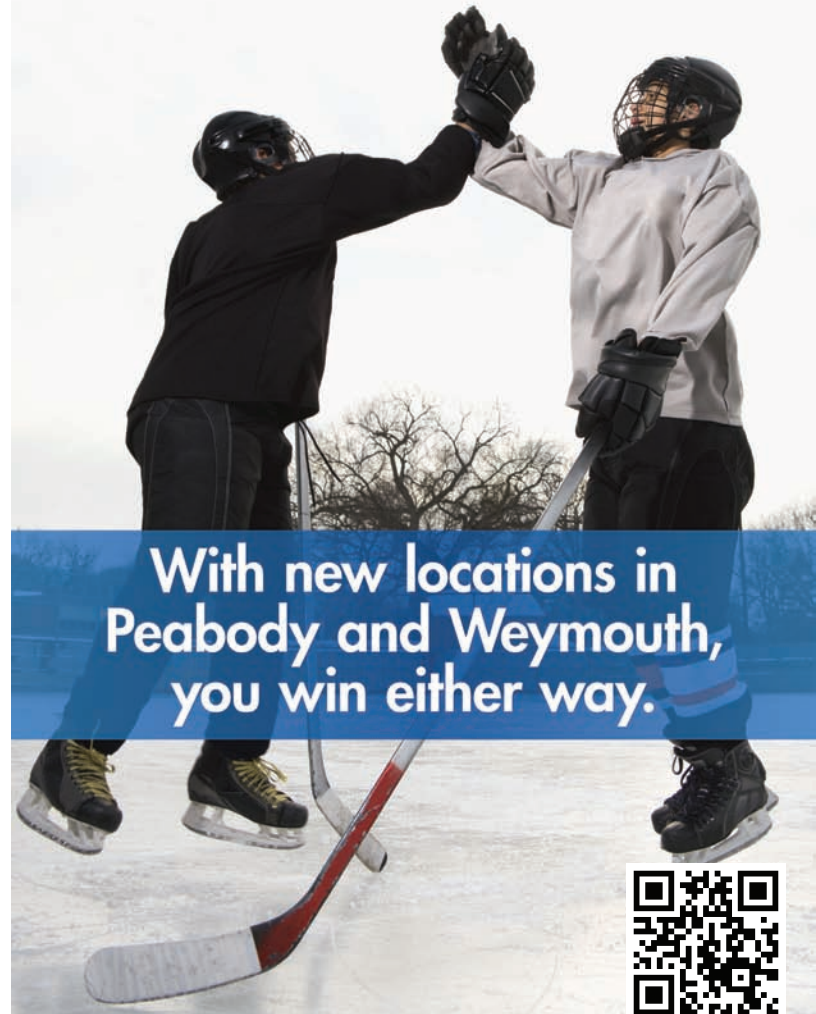
Children's Hospital Boston



Main line.....	617-355-6000
Parking/handicapped parking.....	617-355-6251
Special needs public transportation.....	617-222-3200
Accommodations line.....	617-355-2912
Interpreter Services.....	617-355-7198

300 Longwood Avenue, Boston, Massachusetts 02115
childrenshospital.org

NORTH SHORE OR SOUTH SHORE



Boston Children's
North

Boston Children's Physicians
South