

A photograph of a child lying in a hospital bed, wearing a patterned hospital gown. A white teddy bear is sitting on the bed next to the child. The child's hand is visible on the white bedsheet.

How to
prepare
for your

CHILD'S HOSPITAL STAY

We all want our children to be safe and healthy throughout their lives, but it is inevitable that they will suffer from an illness or injury at some point. If your child is in need of a hospital visit, it can be a scary time for both them and you. You can make the experience much easier for them by preparing them for it in the right way.

Be honest with them

Your child will find their hospital stay much easier to cope with if they know what to expect. Of course, the detail that you should go into with your child will depend on a number of factors – the purpose of the visit, the age of your child and their level of maturity.

You need to let them know what is going to happen to them and what they should expect, but without scaring them or confusing them. This can be difficult to get right, so you might want to try giving them a little bit of information and then asking them what else they want to know.





Stay with them in hospital

Letting your child know that you will be with them throughout their hospital visit will make them feel much safer and more comfortable about the whole thing. The younger the child, the more important it is that you are able to be by their side. If there's any way that you can arrange to sleep there with them, then you should definitely do this.

Talk to hospital staff

If you have any concerns or questions of your own, you should speak to the hospital staff and make sure that you are happy with the arrangements. If your child has any special requirements or concerns, relaying these to the hospital staff will enable them to help you.

Bring their comforters

Most children will have a comforter of some kind, whether it's a special toy, a blanket, or anything else – if it can be brought into the hospital, then you should do so. You might want to get them a new bear or toy to take in with them to help them feel a sense of normality.

Allay your own fears

If you are scared when your child is in hospital, this fear will rub off onto them – children are much more perceptive than many people realise. It is natural to be concerned when your child is going into hospital, but it is important that you are strong for them, especially if they are undergoing serious surgery or treatment.

Dont's

At home, avoid making the medical professionals seem like punishment or threatening them with visits to the healthcare facility.

If you prepare your child properly for their hospital visit, it will be a much less scary experience for them.

Important to note:

Please remember that you have to obtain authorisation from Case Management for any planned hospital admission or procedure in a hospital at least two days prior to being admitted. For assistance, kindly contact Case Management on 014 590 1700 or 080 000 6942, or email: HospitalConfirmations@platinumhealth.co.za