At Children’s, we realize that knowing what to expect makes your hospital stay less stressful. We are here to help you through each step of the way. Use this checklist as a guide for what you need to know before taking your child home. Please ask us any questions that you have along the way.

**My journey to home**

1. I can tell you why my child is in the hospital & anticipated discharge date.
2. I know about hand washing, preventing infections & the spread of germs.
3. I can tell you about my worries or concerns about my child’s condition.
4. I can tell you how to comfort my child.
5. I can tell you about my child’s treatment plan.
6. I have been educated about how to care for my child at home.
7. I can tell you about my child’s activity limitations or when he or she can return to school or daycare.
8. I know the signs if my child is getting worse and who to call if I am concerned.
9. I know when and how to schedule follow up appointments.

**Notes:**

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