

# MY HOSPITAL JOURNEY

At Children's Minnesota, 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.

**1**

I can tell you why my child is in the hospital and the anticipated discharge date.

**2**

I know about hand washing, preventing infections and 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 activity limitations and when my child 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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