

Five ways to help your child's experience in the emergency department

1. Understand that emergency visits are unexpected, and because each emergency is different, the timeframe for fixing the child's problem can vary.
2. Ask questions – all of the people involved in your child's care are glad to answer your questions so you can better understand what to expect and how you can help.
3. Have an emergency preparedness kit ready that includes any medications your child takes as well as his or her favorite toy or blanket, snacks (ask before giving), and water or milk.
4. If your child ingested a poison, bring the container that includes the product information. If your child was injured, bring photos of the scene of the injury (if possible) to help the providers understand what happened and determine the best possible plan of care.
5. We are all afraid of the unknown. Ease your child's anxiety by talking to them, calming them and reminding them that you and the medical team want them to feel better. Give plenty of hugs, kisses and reassurance that you are there for them throughout their hospital visit.