What Does The Child Need Now?
- Ask parents: “What helps your child cope with upsetting or scary things?”
- Ask child: “What has been the best thing so far that helps you feel better?”

Who Is Available To Help The Child?
- Do the parents understand the illness or injury and treatment plan?
- Are they able to help calm their child?
- Are they able to be with their child for procedures?

How Can Existing Supports Be Mobilized?
- Ask parents: “Who can you or your child usually turn to for help or support? Are they aware of what’s happened?”
How to help: Emotional Support
Tips to help families of injured or ill children

1. **Encourage parent presence.**
   - Encourage parents to be with their child as much as possible during hospital stay.
   - Encourage parents to talk with their child about worries, hopes, etc.
   - Parents know their child better than anyone, and can help staff understand their child’s needs and coping strengths.

2. **Empower parents to comfort and help their child.**
   - Help parents understand the illness or injury and treatment plan — so that they can give age-appropriate explanations to their child.
   - Encourage parents to use the ways they have learned to soothe and calm their child at home.
   - Parents may welcome specific suggestions from staff about how to help their child during procedures — e.g., “You can hold his hand and talk to him while we do this.”

3. **Encourage social support & involvement in “normal” activities.**
   - Suggest age-appropriate positive activities that fit the child’s medical status (play, family time, videos.)
   - Promote the child’s appropriate contact with friends, classmates, teachers (letters, calls, email.)