



After hospital: helping bub cope

When bub stayed in hospital because of a serious illness or injury it may have been hard for you, bub and the family. It is ok if you feel:

- Upset or worried - even when bub's back home.
- Worried about how you will go without the help of hospital staff.
- It is hard to get back to day to day life.



After going home from the hospital:

- Bub may act or behave differently.
- You, bub or family may get upset when thinking about what happened at the hospital (far from home, tests or procedures).
- Bub may not like to go to GP's, health clinic's or places that remind them of the hospital.

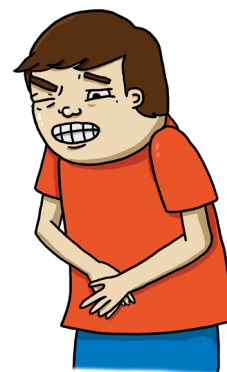


Little bubs may:

- Cling to family more than usual.
- Wet the bed, suck their thumb or play with hair.
- Be scared of the dark.

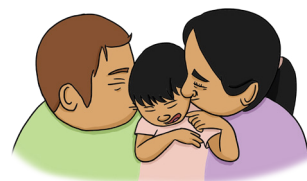
Older bubs may:

- Have changes to their sleeping and eating routine.
- Be easily scared or jumpy.
- Have headaches or tummy aches.



You may:

- Worry a lot more about bub being safe.
- Watch over bub more then before or be "on guard" even when there's no need.
- Get upset at reminders of what happened, especially if bub has pain or is upset.
- Feel anxious about caring for bub's medical needs.



Don't be in hurry, everyone heals differently it may take a little or a long time. Being home, around family and friends can help.



When should I get help for my child?

If bub is still upset or seems to be getting worse after a few weeks at home, talk to your doctor.

Signs bub may need help:

- If they are scared all the time.
- If they are quiet and sooky.
- If they have worries or fears.
- If they don't want to go to school.
- If they don't want to be with friends or family.
- If they are not interested in activities, they use to like.
- Fighting more than usual with friends or family.

Ways you can help bub to cope after being in the hospital

Get **back to day to day activities/ routines** as much as they can. Let bub do some things on their own. This will help bub feel safe and that things are getting back to normal.



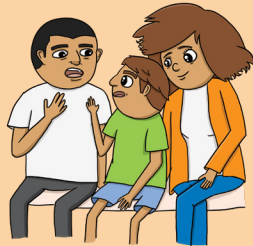
Keep normal **family rules**.

You may feel sorry for bub and want to spoil them to make up for the hard times.

It's important for them to get back to normal life as soon as possible.



Let bub know, if they want to talk they can when they are ready. Be a good listener.



Get bub to spend **time with friends and family**.

After the illness or injury, bub may feel "different" and worry about what their friends will think.

Have a few of bub's friends over and help to answer any questions their friends may have about the illness or injury.

Take time to look after yourself.

It's important to look after yourself so you can look after bub.

Talk about how you are feeling with your partner, friends, your doctor / health worker, counsellor or church group.



Always go to your appointments with the doctor, even if bub is getting better.

The doctor needs to:

- See how bub is healing.
- See how you and bub are coping.
- See if there is any extra help needed.
- Yarn to you and your family about any worries or concerns you may have.



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