

What to expect during your child's hospital stay

Your child is facing challenges that have raised concerns about their safety. While your child is in the hospital, we will make sure they are in a safe and caring place. Our team is here to help them feel better and work through these challenges together.

What special conditions are needed to make sure my child is safe?

Admission Process

- Someone will search your child to make sure no unsafe items are present.
- Nursing staff will check your child's skin for any medical concerns. They will make every effort to respect your child's dignity.

Safe Environment

- Hospital staff will prepare your child's hospital room to make sure they are safe during their stay. Staff may remove some typical hospital room items to create a safe environment.

Personal Belongings

- For safety reasons, all personal items will be removed from your child's hospital room. We kindly ask you to take these items home or store them in your vehicle away from your child. The hospital will provide all needed items for your child. Please ask your Care Partner or RN for help with this.

Hospital-Approved Clothes

- Your child will wear pajamas and slippers given by the hospital during their stay.

Supervision

- Your child will have a Care Partner (sitter) stay with them at all times to ensure safety. This includes personal activities, such as showering or using the restroom. They will need to see your child's face, neck, and hands at all times.

Visitation Policy

- Only parents or guardians may visit.
- Please speak with your Social Work if you have any concerns related to visitation.

We are here to support your child and family during this time. If you have any questions or concerns, please let us know. We will address them as fast as possible and will provide the best care possible. We appreciate your understanding and cooperation in ensuring your child's safety.

Coping Skills

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|---|---|
| <input type="checkbox"/> Identified warning signs | <input type="checkbox"/> MEDS (<u>M</u> edication, <u>E</u> ating, <u>D</u> aily Activity, <u>S</u> leep) |
| <input type="checkbox"/> Distracted myself | <input type="checkbox"/> ACCEPTS (<u>A</u> ctivities, <u>C</u> ontributing, <u>C</u> omparisons, <u>E</u> motions, <u>P</u> ushing Away, <u>T</u> houghts, <u>S</u> ensations) |
| <input type="checkbox"/> Asked for support/help | <input type="checkbox"/> TIPP (Temperature, Intensity, Paced Breathing, Progressive Muscle Relaxation) |
| <input type="checkbox"/> Problem solved | |
| <input type="checkbox"/> Self-soothe/Sensory | |

What are warning signs?

Warning Signs are clues your body and mind give you when you're starting to feel upset or stressed. They help you notice when something is wrong before it gets too big to handle.

Examples of Warning Signs:

- **In Your Body:** fast heartbeat, sweaty hands, tense or tight muscles, or feeling tired.
- **In Your Emotions:** feeling angry, sad, nervous, or overwhelmed.
- **In Your Actions:** yelling, staying away from people, or not doing things you need to do.
- **In Your Thoughts:** thinking "I can't do this" or having lots of racing thoughts.

How to Use Warning Signs:

- **Notice Them:** pay attention to how you're feeling in your body, emotions, actions, and thoughts.
- **Take Action:** use a skill to help yourself feel better.

Warning Signs are like stop signs-they tell you to slow down and take care of yourself!

Distractions

Distractions are things that help you take your mind off sad or scary thoughts for a little while. You can try things like playing a game, listening to music, helping someone, or focusing on your sense. Distractions don't fix problems, but they give you time to calm down so you can feel ready to handle things better.

Ask for Support

Asking for support means reaching out when you're having a hard time. Talking to someone can help you feel less alone and can give you ideas on how to handle things.

Problem Solving

Problem solving means thinking of ways to fix or take care of a problem, step by step. Start by figuring out what the problem is, then brainstorm ideas to solve or fix it. Choose the best idea, try it, and see how it works-if it doesn't, try something else. If you notice Warning Signs, try using Distractions or Ask for Support.

MEDS (Medicine, Eating, Daily Activity, Sleep)

- **Medicine:** Did you take your medicine? Did you ask your nurse for a PRN (or as needed medicine)?
- **Eating:** Did you eat today? Are you "hangry" or angry because you're hungry?
- **Daily Activity:** Do you need to get up and stretch or move around in another safe way?
- **Sleep:** Did you get enough sleep or rest? Try taking a nap!

Consultation-Liaison Psychiatry Service

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Self-Soothe with Six Senses

- **Vision/Sight:** Close your eyes and think of your favorite place. Look at pleasant photos and notice all the little details you never noticed before.
- **Hearing:** Listen to your favorite music. Notice specific instruments or song lyrics and listen to what sounds you can hear in the room. Notice sounds you never paid attention to before.
- **Smell:** Put on lotion or other items that smell nice or try focusing on the smell of the food you're your meal or snack. You can also try to notice the different smells in the room.
- **Taste:** Focus on the taste of your meal, snack, or drink. Ask for a favorite food of yours. Notice the food you eat and drinks you drink and try to think about the different flavors.
- **Touch:** Ask to shower or bathe, or just notice the sensations on your body.
- **Movement:** Rock yourself gently, stretch or do yoga. Notice the different ways your body stretches.

ACCEPTS (Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, Sensations)

- **Activities:** ***Do something.*** Put on a show or movie, listen to music, talk to someone, write in a journal or draw, clean your room, read a book.
- **Contributing:** ***Contribute to (do something nice for) someone.*** Help someone else with something, make something nice for someone else.
- **Comparisons:** ***Compare yourself.*** Remind yourself of times you've handled hard things before or think about someone in a tougher spot.
- **Emotions:** ***Create different emotions.*** Watch a funny show, listen to happy music, do something that makes you smile.
- **Pushing away:** ***Push the painful situation out of your mind for a short time.*** Image putting your problem in a box and setting it to the side for now.
- **Thoughts:** ***Replace your thoughts.*** Count backward, do a puzzle or focus on something challenging.
- **Sensations:** ***Focus on other sensations.*** Use your senses, like holding something cold, take a shower, or listen to calming sounds.

TIPP (Temperature, Intense Exercise, Paced Breathing, Progressive Muscle Relaxation)

TIPP is a skill to help calm your body and mind when your emotions feel out of control.

- **Temperature:** cool your body down by asking for an ice pack or cold towel. You can also try splashing cold water on your face.
- **Intense Exercise:** Do something active. Try stretching or moving around in a safe way.
- **Paced Breathing:** Breathe in slowly for 4 seconds, then out for 6 seconds to feel calmer.
- **Progressive Muscle Relaxation:** Tighten (tense) your muscles (like fists), hold for a few seconds, then let go (relax). Try to relax each muscle in your body. Notice each muscle tense and then relax.