

ICU LIBERATION

Early Mobility and Exercise



We would like to work together with you to help your child grow while they recover in the intensive care unit. The Early Mobilization Program offers activities that can help your child as they recover. It suggests activities you can be involved in to help your child based on their specific needs.

Early Mobilization: Level 1

At Level 1 your child may be ready to participate in the following activities

Family Activities

Your child's bedside nurse is here to support you. Check with your nurse about the following ways you can support your child:

- Ask questions about your child's care
- Take part in bedside rounds
- Respond to your child's cues and behaviors
- Bring a comfort item from home
- Help decorate your child's room (you can bring pictures/religious items desired)
- Write in a diary/journal
- Pump breast milk (if desired)
- Limit your child's use of electronics
- Choose comforting music/sounds
- Talk, read, and sing to your child
- Have quiet time
- Help your child come up with a routine for play, sleep and cares, such as brushing their teeth or bathing

Ask your nurse if your child is ready for you to add these activities

- Help with gentle stretches and your child's movement
- Hold and cuddle your child
- Change your child's diaper
- Help your child take a bath
- Ask your child to do Activities of Daily Living (for example, teeth care, bathing)

**This is a general list. You may be able to do more or less for your child.*