

#GettingThrough the first few days

when your child has been
admitted to an inpatient unit

This leaflet has been created by families
who have already been through their own
'first few days'

(Child's name)

☐ Parent's copy
☐ Unit's copy

This leaflet will answer some of the questions that often come up when a child is admitted to inpatient services.

A member of staff will go through this leaflet with you and you will fill it in together. They will keep a copy and you'll take one home.

This is just a first step. You can always give the unit more information later or ask questions during your child's stay.

Family contact numbers and email

Any times to avoid ringing?

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please speak to a member of staff if you need this information in another format.

What will happen in the first few days?

Who will my child see today?

What will my child do?

How will the unit help keep my child safe?

Anything else?

Things to help my child settle in

These things often help my child feel good. e.g. having a nightlight, routines, listening to music, sensory/fidget toys.

These things can make my child feel worried.

These are ways my child likes to communicate.

Practical things

Where will my child sleep?

When will they eat?

Do they need toiletries/medicine/cash or anything else right now?

What help is available for me as a parent or any other family member?

Anything else?

Visiting

When will I see my child next?

Are there set visiting times? Are there different bells/doors at weekends?

Who can visit?

Are there any specific rules about visiting?

Anything else?

Getting in touch

How can I contact my child?

Can they use their mobile phone or laptop?

When will the unit contact me?

Anything else?

Unit name and address:

Unit name and address:



Who is the unit contact and what is their phone number(s) day/night?



Best times to contact and times to avoid:

This leaflet covers the first few days of your child's inpatient stay.

www.england.nhs.uk/getting-through/

has more information to help get through the next stage.