

Hospital Ready Kids

A quick checklist for parents and carers



If your child is experiencing a life-threatening emergency, call 000 immediately. For urgent medical care, visit your nearest Emergency Department. Patients are treated based on the severity of their condition, not their arrival time.

Before you go

If you have time, take a breath and grab the essentials:

- » Medicare card
- » Any private health insurance details
- » A list of medicines
- » Any important medical information, letters, scans or test results
- » Your child's GP details
- » Your phone and charger

Helpful things to pack

- » A drink bottle if appropriate
- » Spare nappy / wipes if needed
- » A change of clothes
- » A comfort item such as a teddy, toy or blanket
- » Something quiet for distraction, like a book or device
- » Frankies Clubhouse flipbooks

Be ready to tell staff

- » What is worrying you most
- » When the problem started
- » Any allergies
- » All medicines your child takes, including over-the-counter, vitamins or supplements
- » Any important health, behaviour, sensory, communication, cultural or support needs
- » When your child last ate or drank

Good to know

- » If your child gets worse while waiting, tell staff straight away.
- » Not every urgent problem needs to visit the emergency department, sometimes a GP, urgent care clinic, pharmacist, Healthdirect or Poisons Information may be the right option.

These are general preparedness tips only, check with your local hospital, as procedures may vary.

Staying In Hospital

A quick checklist for parents and carers



If your child needs to stay in hospital, having a few things ready can make the experience a little less stressful for both of you. For planned admissions, hospitals will often send instructions beforehand, including where to go and whether there are any special requirements such as fasting.

Pack for your child

- » All current medicines
- » Any medical equipment or disability aids
- » Comfortable clothes and pyjamas
- » Toiletries
- » Nappies, wipes and disposal bags if needed
- » A favourite comfort item
- » Something for entertainment
- » Frankies Clubhouse flipbooks

Pack for yourself

- » Comfortable clothes
- » Basic toiletries
- » Phone and plug-in charger
- » Something to read or do
- » A pen and notebook
- » Your child's Medicare card and any private health insurance details

Be ready to tell staff

- » Any allergies
- » All medicines your child takes, including over-the-counter, vitamins, herbal or complementary medicines
- » Any dietary needs
- » Any communication or interpreter needs
- » Anything else that will help staff care for your child well

To help your child feel more settled

- » Talk about hospital in a calm, simple way
- » Reassure them that you will be with them
- » Use play to help explain what might happen
- » Let school, daycare or kindy know if needed

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