

Keeping in touch with Family and Friends

When your child is hospitalized, everything can seem overwhelming. While you may need the support of family and friends, it can seem an impossible task to update or reach out. Use these resources to simplify the process.

[Caring Bridge](#) is a free program where you can communicate to everyone what is happening during your stay. You can also put requests for items such as Door Dash, comfort items, games, etc. Parents may find it helpful for their own documenting and recording of notes from medical staff and reports.

Template for Caregivers: use this simple letter to inform people of your stay.

Hi

I'm writing to you to let you know that _____ is in _____ hospital room _____ located at _____.

We are uncertain of how long we'll be staying, but we are so grateful for the support of the staff of nurses and doctors supporting us through this time.

We are/are not accepting visitors.

Please know that we will/will not respond to texts or phone calls as we are able.

Gratefully,

