



DOERNBECHER
CHILDREN'S
Hospital

PEDIATRIC INTENSIVE CARE

What you can do for your child in the PICU

It can be hard to know how to care for your child in the ICU. Here are some ways you may be able to help.

Giving comfort and support

- Holding your child
- Reading books or playing games

Helping with daily care

- Helping position them in bed
- Helping with daily care, such as baths, washing hair and putting on lotion
- Cleaning your child's mouth or brushing their teeth
- Changing diapers or helping your child use the bathroom
- Feeding or ordering food

Helping with nursing care

- Doing your child's "About Me" poster and daily schedule
- Helping your child get out of bed or walk
- Helping your child with deep breathing or coughing exercises
- Helping your child stretch
- Putting on your child's therapy boots or splints

Your child's nurse can tell you which activities are appropriate for your child. They can also give you any supplies or help that you need.

Delirium prevention

Delirium is when someone does not understand what is going on around them. Your child might act confused and restless or be "out of it" and less active than normal. They may have a hard time staying awake during the day or sleeping at night. Your child's illness, medications and the lights, noise and activity in the ICU can cause delirium.

You can help us prevent this type of delirium in your child. Here are some things to do.

Keep a daytime routine

Doing certain things every day can help your child understand where they are and what is happening. These things include:

- Opening the window blinds
- Turning on the room lights
- Having a bath and personal hygiene time
- Doing activities and therapy
- Having visitors

Keep a nighttime routine

Doing certain things every night also helps your child. You may have a hospital bedtime routine just like you have at home. This can include:

- Closing the window blinds
- Turning out the room lights, or most of them
- Turning off the TV
- Playing soft music or using a white noise machine
- Helping your child put on an eye mask or ear plugs

Have a daily schedule

The daily schedule can include:

- A regular wake-up time, nap time and bedtime
- Meal times
- Bath time
- Activity times

Keep your child aware

Remind your child of people, places and events in the world outside the hospital. You can:

- Remind them what day and time it is
- Ask familiar people to visit
- Bring familiar objects from home
- Make sure they have what they need to see and hear well, such as their regular glasses or hearing aids