Keeping Your Child Safe
Your visit at SickKids

Working together is the best way to keep your child safe. Please read the important information below.

TALK TO YOUR HEALTH-CARE TEAM
Speak up and ask questions. You know your child best. Give your health-care team an up-to-date description of your child’s health.

• Tell us about any treatments or surgeries by any other doctors/dentists or health-care professionals, including naturopaths or herbalists.
• Tell us about your child’s special physical, emotional or equipment needs or about any special aids like glasses or hearing aids.
• Share unique things about your child with caregivers that may be important for your child’s overall care (e.g. if they dislike loud noises or bright lights).
• Tell us if there are any changes in your child’s condition that concern you. You may notice things the health-care team doesn’t.

UNDERSTAND YOUR CHILD’S CONDITION AND TREATMENT PLAN
To keep your child safe it is important that you understand their condition, treatment and how to help care for them.

• Ask your health-care provider to explain things in a different way if you don’t understand. Never be embarrassed to ask any questions.
• Ask for an interpreter if you are more comfortable in a language other than English.
• Ask for written information about your child’s condition so that you can read it when you are ready.

CLEAN YOUR HANDS OFTEN!
Clean your hands using the hand sanitizer pumps located around the hospital or with soap and water:

• Before entering your child’s room
• Before leaving your child’s room
• After changing diapers or helping your child in the washroom
• Before eating or feeding your child (includes tube feeding)

DON’T EXPOSE PATIENTS AND STAFF TO GERMS
If you or other visitors come to the hospital when you are sick you may pass on germs to staff or patients. Do not come to the hospital if you are experiencing: fever, vomiting, diarrhea, rash or coughing/sneezing.

WEAR THE APPROPRIATE IDENTIFICATION
Staff, volunteers, patients and parents at SickKids should wear identification at all times while on hospital property.

• Ensure your child is wearing an ID bracelet with the correct name and information written on it.
• Check for a blue and white ID badge on staff members and volunteers interacting with your child.
• Wear your parent ID badge at all times so staff and security know who you are.
• Tell any SickKids staff member or dial the Protection Services hotline (416-813-7122 from your cell or 7122 from any SickKids in-house phone) to report any suspicious people or activities.
PREVENT FALLS IN HOSPITAL
Medication use, a new environment and your child’s medical conditions may make them more likely to fall while in hospital. Many patient falls happen in bathrooms or from a bed. Protect your child by:

• Keeping your child’s bed in the lowest position to the ground.
• Not allowing your children to climb or stand on furniture.
• Making sure your child wears shoes or non-skid slippers and well-fitting pyjamas to walk in hallways.

ENSURE BED AND CRIB SAFETY
Protect your child while they are in a bed or crib:

• Always keep the side rails completely up and locked in place, even when you’re sitting at the bedside.
• Infants under 2 years old should be placed in a crib. Unless there are medical reasons and your doctor says otherwise, infants should be positioned on their backs to sleep, with no loose or soft bedding.
• Never sleep in the same bed as your child.
• Please be watchful when your child is around tubing and cords because they can get tangled in them.

ALERT US TO ALLERGIES
Allergies can be very dangerous for your child or for other children.

• Tell your health-care team about your child’s food, medication and latex allergies.
• Make sure your child has proper identification, including a hospital-issued bracelet and a MedicAlert bracelet to alert staff to the allergy.
• Do not bring latex balloons, foods with nuts or fresh flowers or plants to the hospital.
• Be aware that SickKids is NOT a peanut-free environment.

KNOW YOUR CHILD’S MEDICATIONS
• Keep an active list of your child’s medications, including how much and how often they are taken. Show the list at every visit.
• Bring all your child’s medications (including those without a prescription) with you to the hospital, in original packaging if possible.
• Use your phone to take a picture of all medications and/or your medication list, so you’ll always have it with you.
• Speak up if your child is not getting their usual medications while in hospital.
• If you have not been asked about your child’s list of medications, let your health-care team know.

HELP MONITOR THE IV LINE
Nurses will be checking the IV at least every hour, including throughout the night. Help with IV monitoring and care by:

• Ensuring you child does not pull the line
• Keeping the IV line site dry and visible
• Letting nurses know if you have any concerns about your child’s IV. Please speak up!

BE PREPARED WHEN GOING HOME
Your health-care team will talk to you about when and how your child will be discharged home or transferred to another hospital.

• Ask what medications and equipment your child will need at home.
• Make sure you understand what to watch for and who to contact if you have a problem at home. For all emergencies, call 911.
• Bring your child’s car seat with you when you come to take him home. Children less than 4 feet 9 inches tall are required by law to ride in a booster seat or car seat.