

Encourage them to keep up with their schoolwork (if able!)

Schedule regular meals

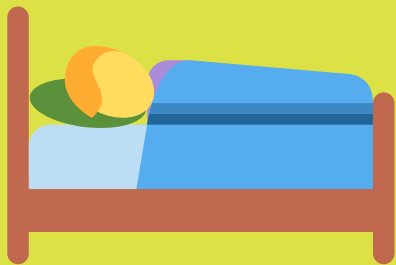


Do activities throughout the day



UPOLIS

6 WAYS TO MAINTAIN YOUR CHILD'S ROUTINE DURING THEIR HOSPITAL STAY



Have them sleep at their normal bedtime



Open the curtains and turn on the lights



Brush teeth and shower