



# Stepping Stones to Home after Tracheostomy for \_\_\_\_\_

What I need to know and do to get us ready to go home.



I can tell you why my child has a trach tube.

I can tell you how my child looks if they have trouble breathing.

I can do trach cares.

I can change my child's trach ties.

I can suction my child's trach tube by sterile and clean ways.

I can show how to use the resuscitation bag.

I can name all the things in my child's go bag.

I can show how to clean my child's trach tube.

I can do an emergency 1 person trach change.

I can do a 2 person trach change.

I can suction the trach tube by myself.

I am learning how to use my child's equipment.

I can give my child's breathing treatment

I can do CPR with a trach tube.

I can take my child for a walk.

I can tell you about my child's meds and how to give them.

I passed Independent Care.

My child is ready for home.



# Stepping Stones to Home

Being in the hospital can be stressful for you and your child. Before you take your child home, we will work with you to plan for your child's discharge. We want to make sure you know what to do and how to do it. We will make sure you:

- Understand your child's condition, treatments, and medicines.
- Know what problems to look for, what to do, and who to call if you have questions or concerns.
- Feel ready to take your child home.
- Have an interpreter present if you need one.

This process will start when we first meet you. We will use this *Stepping Stones to Home* sheet. It helps us make sure you understand everything that is important to care for your child. Every circle is something you may need to know about.

We will talk about your child's care every day. We will ask you to teach-back to us these items on the storyboard. We want to make sure we explained everything you need to know in ways you understand. If we are not clear, we will explain it another way.

If you don't understand something about your child's care, please ask. It is very important that you are comfortable and feel confident to take care of your child safely at home.

## Notes or Questions

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