

# Stepping Stones to Home for Cardiac (Child)



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

I can explain my child's heart condition and what surgeries to expect.

I have found a pediatrician for my child.

I can tell you what medicines my child gets and what they are for.

I can show you how to measure and give my child's medicine.

I can tell you what to watch for and who to call.

I know how to care for my child's incisions and daily cares.

I can tell you how much activity my child should do.

I can tell you how often and how much my child eats. I can show you how to feed my child.

My child had a discharge echocardiogram and EKG.

I know when my follow up appointments are and who to see.

I have my child's prescriptions or they are ready to be picked up.

We are ready to go home!

Finish



# 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 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 what 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 tell us about the items on the stones. 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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