

Patient information



Going Home from Rainbow Ward

Your stay in hospital



Hospital can be a difficult time and you might have felt sad, lonely, angry or confused. That's ok, lots of other children and adults too feel like this when they have been to hospital.

Some children may feel ok or enjoy their stay in hospital. This is normal too.

At hospital you may have missed home or you may have missed playing with friends and being at school.

It can be difficult to find out that we are ill and that we need help to feel better.

This leaflet can help give you ideas of how to feel better if you feel sad or lonely. It can also help you get back to normal life.

Your feelings

Scientists have found that there are lots of different feelings we might have throughout our lives.

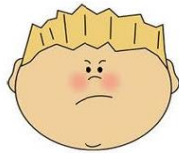
Here are some examples of feelings we might have:



Happy



Sad



Angry



Scared

It is important to notice how we are feeling and to talk to an adult about this.

How we are feeling inside can also affect how our bodies feel.

It is ok to feel sad, angry or scared at times. This is normal and everyone will have these feelings at some point in their lives.

Back to routine

When you are home from hospital there may be things that you need to start doing. You may need to go back to school or you may need to take some medicine. It can be difficult to start doing these things again. Here is a handy list of ideas to help you:



Get a good night's sleep. Make your bedroom a cozy place and turn off your tablet and phone before bed time.

You may need to take some medicine. This is very important to help you get better.





It is good to do something every day. You could go for a walk, read a book or do a puzzle.



It may feel strange going back to school after time off. It's ok to ask a friend to stay with you or to ask your teacher for help.

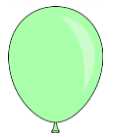
Tips to help you relax

If things get difficult for you here are some handy things to try:



Talk to an adult about how you are feeling. This may be your parent, carer or your teacher.

Imagine your belly is a balloon and take a big breath as if you are filling the balloon up. Try this 5 times.



Watch a funny film, or tell a joke. Laughing can cheer you up.

Do one of your favourite things to do. Maybe listening to music, playing football or doing some colouring



Close your eyes and think about your favourite place. Maybe somewhere you went on holiday or somewhere nearby

Stop and notice things around you, what you can see, hear, smell, touch,



Who can I talk to?

It is a good idea to speak to an adult like your parent or carer if you are feeling sad or scared. They may be able to help you.

If you do not want to talk to someone it may help to write how you are feeling down with paper and a pen.

Some other people who may be able to help you are:

- Your teacher
- Your doctor
- School nurse
- Social worker

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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