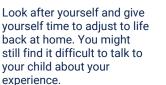
Adjusting to home life



We understand that returning home after a stay in hospital can feel both exciting and nerve-wracking. Our House teams and families have some suggestions that could help ease the transition from our House back to yours.

Give yourself time



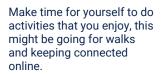
If you are unsure about talking to your child about it right now, you could ask someone such as a family member or trusted teacher to help.



experience.

You may have formed some great friendships with other families whilst staying in our House so consider keeping in touch once you're back home. Your friends from the House can understand how you're feeling and some of your concerns and apprehensions about transitioning back to life at home.

Activities



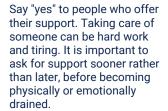
Consider your support network and how they can help you during this time.



Routines

Depending on the age of your child, having routines can be really helpful to both children and parents, especially having a bedtime routine that happens at around the same time, in the same order, every day.

Accept support



Keep in touch with family members and friends, as they want to help but may not know exactly what is needed.



It is very common for parents of special care babies or children to feel nervous about being able to cope. The transition from hospital to home is a big step for the whole family, and is often a time of mixed emotions. It takes time, but gradually you will learn what you need.

A list of useful contacts for support and advice can be found on the next pages. If you have any tips that you found useful to help others, please get in touch via the contact details at the end of this pack.







Advice and support



Health advice and support

You may feel the need for extra support as you care for your child and family back at home. These organisations can offer information and help on topics including general healthy living, mental health, and specific conditions.

NHS (111)

24-hour helpline in **England and Wales (NHS** 24 in Scotland) for advice on urgent but non-life threatening symptoms



Wellchild

Provides specialist care and practical support to seriously ill children, young people and their



www.wellchild.org.uk

Bliss

Offers a wide range of free services for the families of premature and sick babies



Mind

Provides information on mental health issues and details of local support services



www.mind.org.uk

Samaritans

Provides confidential. emotional support to those experiencing despair, distress or suicidal feelings



Mencap

Provides advice and support for children and adults with a learning disability



Sibs

Supports people who grow up with or have grown up with a disabled sibling



www.sibs.org.uk



Advice and support



General advice and support

GOV.UK

Official government website, with information on public services - benefits, jobs, pensions, and health



www.gov.uk

Citizens Advice

National network of advice centres offering free, confidential and independent advice



www.citizens advice.org.uk

Job Centre Plus

Support for finding a job, information on benefits, loans and grants



Find your nearest centre

Gingerbread

Provides support and advice for single parents from going back to work or sorting out child maintenance, benefit or tax credit issues



www.gingerbread.org

Working Families

Help for working parents and carers to find a better balance between responsibilities at home and in the workplace



Money Helper

interactive tools for budgeting and borrowing



National Debtline

i Free, independent debt advice over the phone or webchat



Turn2Us

i Help with applying for benefits and grants





Stay in Touch

We understand that for many, this may not be the end of your child's hospital journey. If you need us again, we have 14 Houses at children's hospitals across the UK, ready to support your family again.

Day Passes

If you're ever back at the hospital for an outpatient appointment, or you don't need a room, we would still love to see you and continue to provide your family support. All of our 14 Houses operate a Day Pass programme, where even without a room, you can still use our day facilities, such as communal lounges, kitchens, showers, laundry and garden spaces.









Contact Us









Keeping families close™

www.rmhc.org.uk









@RMHCUK

Data Protection

It is vital for the families we care for that we can communicate with our supporters. Ronald McDonald House Charities UK would like to keep you up to date about the work we are doing, to tell you about the amazing difference you have made and how your financial support can help keep families close to their children in hospital. We will only do this if you tell us that you are happy for us to contact you for this purpose, and have supplied your postal address, telephone number, mobile number or email for us to do so. You do not have to provide this information for marketing purposes and you can remove or change any of these preferences at any time. For more information please read our Privacy Policy. www.rmhc.org.uk/privacy-policy.

