

Adjusting to home life



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

Give yourself time

Look after yourself and give yourself time to adjust to life back at home. You might still find it difficult to talk to your child about your experience.

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.

Stay in touch

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

Make time for yourself to do activities that you enjoy, this might be going for walks and keeping connected online.

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

Say "yes" to people who offer their support. Taking care of someone can be hard work and tiring. It is important to ask for support sooner rather than later, before becoming physically or emotionally drained.

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



111


Wellchild

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



www.wellchild.org.uk


Bliss

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



www.bliss.org.uk


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



116 123


Mencap

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



www.mencap.org.uk

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

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

 www.gov.uk


Citizens Advice

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

 www.citizensadvice.org.uk


Job Centre Plus

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

 [Find your nearest centre](#)

Gingerbread

- i 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

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

 workingfamilies.org.uk

Money Helper

- i Interactive tools for budgeting and borrowing

 www.moneyhelper.org.uk

National Debtline

- i Free, independent debt advice over the phone or webchat

 nationaldebtline.org

Turn2Us

- i Help with applying for benefits and grants

 www.turn2us.org.uk



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



Ronald McDonald House Charities UK Headquarters,
11-59 High Road, East Finchley, London, N2 8AW



0300 011 1113 (Monday - Friday, 9am - 5pm)



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Ronald McDonald
House Charities™
United Kingdom

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.



Ronald McDonald House Charities UK is an independent charity registered in England and Wales (802047) and in Scotland (SC040717).