

# What are the effects of hospitalisation on a child?

## Children may:

- Be concerned about being separated from their parents
- Fear separation, seeing it as rejection
- Fear pain
- Wonder what is going to happen to them
- Be worried about their bodies not working correctly and not being like other kids
- Not understand how something that hurts can actually help them get well
- Be afraid of being left in hospital
- Regress – suck thumb, wet bed, want bottle
- Not want to eat, become tearful or want to be with their parents at all times
- Bottle up their feelings and cry with relief when they see their parents



## Children and families may:

- Feel apprehensive, distressed, lonely, afraid, worried, helpless, angry



## Young People fear:

- Loss of privacy
- Being unable to see their friends
- Being unable to have their questions answered
- A loss of control



If you would like more information on the effects of hospitalisation on children, young people and their families please contact AWCH.

Association for the Wellbeing of Children in Healthcare (AWCH)

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