



Helpful Information

What to bring / What your child needs while in the hospital

Please bring comfortable clothes for your child to wear while in the hospital.

- Play or school clothes, such as T-shirts, sweatshirts, jeans, and jogging pants are typically what patients find most comfortable while here.
- Socks and underwear
- Pajamas
- Jacket
- Shoes that can be worn on therapeutic outings (closed-toed and closed-heel, preferably without shoe laces)

You will need to remove any drawstrings from pants and jackets as a safety precaution.

Although all patients are provided with hygiene products as required, you may want to bring your child/teen's personal hygiene items to make him/her feel more comfortable.

- Toothbrush, toothpaste, shampoo, body wash
- You can bring unframed pictures of family members or friends
- Favorite books, a journal, markers, crayons, and coloring books.

As a safety precaution, we ask that these items be free of wires, strings, and sharp objects. To insure safety, all items will be searched by staff before being given to patients.

For a complete list of what your child can have while in the hospital, please see the Appropriate Belongings List ("What can I have in my room while I am at the hospital?").

How to contact us and your child

We welcome your phone call at any time during the day or night and we have staff available to answer your call and provide information 24 hours/day. Patients are provided with the opportunity to make and receive phone calls during specific times:

- Monday-Friday 6:30pm-9:00pm
- Saturday/Sunday/Holidays 2:30pm-4:00pm & 5:30pm-9:00pm

You can reach your child's inpatient unit by calling the direct number provided on admission:

Unit: _____ Direct Number: 205-638-_____

When to visit

Family members, including other children 12 years old and older, are welcome and encouraged to visit as often as possible during our unit's visiting hours. When your child is admitted, you will have the opportunity to list the names and phone numbers of family members who will be visiting your child. Visiting hours are Monday-Friday 5:15pm-6:30pm and Saturday/Sunday and Holidays 2:00pm-4:00pm.



Your Child's School Needs During Hospitalization

A professional educator is assigned to each patient's treatment team in order to assist with educational needs. This teacher will work with the treatment team and your child's school to help your child complete school assignments during hospitalization and make recommendations for a new or updated school plan for re-entry based on your child's individual needs.

If you would like for your child to be able to work on school assignments while in the hospital, please contact your child's school to request assignments. Bring them with other school materials (laptops, textbooks, etc.) to the hospital in a separate bag.

Please bring a copy of your child's IEP, 504 plan, special education testing reports, behavior intervention plan, and any other school-related information to the hospital if available.

More information about school services will be provided during the C.A.R.E.S. Expectations class.

Parking and Hospital Access

During admission, you will be given a form to complete for up to 2 caregivers. The admission nurse will direct you to the hospital information desk where you will take the completed form and receive a hard plastic photo badge ("**Caregiver Badge**"). This badge must be worn any time you come to the hospital. You will use the Caregiver Badge to enter and exit the parking deck free of charge. Any other approved visitors beyond the 2 caregivers will need to go to the 5th Avenue Information Desk (in the Russell building) to get a visitors' photo identification sticker each time they come to the hospital.

The 5th Avenue information desk (in the Russell Building) is always open. The 7th Avenue information desk (in the McWane Building lobby) is open from 5:00am-7:00pm Monday-Friday. Visitors who do not have a hard plastic photo badge ("**Caregiver Badge**") must access the hospital via the 5th Avenue (Russell Building) parking deck and entrance after hours and on weekends.

Reminder: any time you visit your child you must wear the Caregiver Badge. Any time other approved visitors visit your child, they must check in at the 5th Avenue Information Desk to receive a photo identification sticker.