# BRINGING YOUR CHILD HOME AFTER TRAUMA

A checklist for the first days beyond the hospital.

You can be ready to go home and still need support. Take it one step at a time.

**Child's name:** _____ **Homecoming date:** _____

Use with your child's discharge plan. Mark items that do not apply as N/A.

## PRACTICE THE CARE YOU WILL GIVE

- [ ] Practice care tasks with the care team.
- [ ] Review transfers and personal care needs.
- [ ] Practice feeding or equipment care, if needed.
- [ ] Ask for a written routine to use at home.

## WALK THROUGH GETTING HOME

- [ ] Plan getting into and out of the vehicle.
- [ ] Check entryways, bed, and bathroom access.
- [ ] Confirm equipment is delivered and ready.
- [ ] Keep first-day supplies within easy reach.

## PLAN MEDICATIONS + THE FIRST NIGHT

- [ ] Have prescriptions and dosing supplies ready.
- [ ] Confirm doses, times, and how each is given.
- [ ] Review overnight care and equipment needs.
- [ ] Plan who helps and when you can rest.

## ASK: WHAT IF SOMETHING GOES WRONG?

- [ ] Ask what to do if equipment stops working.
- [ ] Know who to call about a medication problem.
- [ ] Ask which changes need a call or urgent help.
- [ ] Write down daytime and after-hours numbers.

## PREPARE SIBLINGS + YOUR SUPPORT

- [ ] Explain changes in ways siblings understand.
- [ ] Choose helpers; arrange training if needed.
- [ ] Ask for meals, rides, errands, or household help.
- [ ] Identify backup help before you need it.

## CONNECT THE NEXT STEPS

- [ ] Confirm therapy, referrals, and follow-up visits.
- [ ] Arrange transport that fits your child's needs.
- [ ] Know who handles results and supply refills.
- [ ] Write down questions as life at home begins.

## QUESTIONS / ITEMS STILL TO ARRANGE

## CARE TEAM CONTACT

## AFTER-HOURS CONTACT

Home may feel different now. Needing help does not mean you were not ready.

