



## **DDH Tips: What to take with you to hospital**

This list has been compiled using tips from parents – if you would like to add any of your own please email them to [info@steps-charity.org.uk](mailto:info@steps-charity.org.uk) with 'DDH hospital tips' in the subject line. Always check with your hospital for further advice about what to bring as policies vary from one to another.

### **For you:**

- Portable DVD and headphones
- DS Lite/PSP or similar
- Books
- Ipod or similar
- Audio books
- Knitting
- Magazines
- Pen and paper
- Small torch to help you read or write diary/letters at night
- Sleeping bag or duvet– not all hospitals provide blankets etc for parents
- Comfortable pillows – hospital ones are plastic covered and sweaty!
- Comfortable clothes eg tracksuits for during the day and don't forget your comfy PJs!
- Toiletries, tissues, wet wipes
  
- Food – anything which does not need refrigerating and can be heated in the microwave eg ready meals, tinned soup, tinned casseroles etc. Also snack foods like biscuits and crisps. Hospital food is expensive and not always available when you want to eat. If you are breastfeeding, check if you are entitled to any free meals from the hospital as some offer this.
  
- Tea/coffee/sugar and dried milk – small sachets like you have in hotels are useful
- Insulated coffee cup with lid – hot drinks without lids are understandably not usually allowed on the ward, but these lidded cups are allowed
  
- Plate/bowl/and cutlery- nothing too precious in case it goes missing!
  
- If breastfeeding, take a breast pump and milk storage bags since you cannot know when you will next be able to feed. Also a breast feeding pillow or at least the one you use from home
  
- Eye masks and earplugs as the ward can remain noisy and brightly lit even at night time
  
- Find out the location and opening times of local shops/supermarkets in case you need extra supplies – hospital staff don't always know this information
  
- Make sure your mobile phone is charged for when you need to go outside to make a call to friends and family
  
- Take a swimsuit for yourself - if there is a pool nearby and you want to get away for a while to give yourself a break

### **For your child:**

What you will need exactly will depend on how long your child is going to be in for – if they're going in for traction they will need more to clothe and entertain them (and you!). Again, check with the hospital pre-admission for any additional information they can give you about what is provided/allowed on the ward.

- Favourite toys
- Mobiles and other toys to hang from string across the cot frame – don't forget the string!
- Colouring books
- Washable crayons
- Aquadraw pictures
- Magic felt pens
- Books
- Portable DVD player and DVDs
- Helium balloon to punch
- Quiet toys to entertain your child if they can't sleep at night – eg puppets
  
- Food - anything you know your child will like and which can be stored without refrigeration ie jars of baby food, fruit purees
- Bowls and spoons
- Snack foods like biscuits and raisins etc
- Formula milk – ready made is useful and saves time/hassle
- Bottles
- Microwave sterilizer
- Disposable bibs
  
- Baby wipes
- Nappies – for both before and after cast
- Tena Pads – to use inside the cast
- Disposable changing mats
  
- Cotton wool
- Gamgee
- Slick tape to waterproof the edges of the cast. Get a supply from the hospital before you leave or ask for a prescription for some more as this needs replacing regularly
  
- Your child's own blankets and pillow as hospital ones are sometimes not very pleasant or comfortable.
  
- Clothes for before and after cast. – Babygros without feet to fit round traction tapes. Bigger clothes for after cast
- Warm, fluffy socks – slipper or Totes type with grip soles are good as they are usually very thick and stretchy
  
- Pram/buggy so you can take your child out for a stroll to calm them