

Parental Tips:

Preparing for Your Infant's Surgery

Common worries and concerns for infants

- Separation from parents/caregivers
- Unfamiliar routine and environment
- New and unfamiliar people (e.g., hospital staff)

Ways to support your infant

- **You are the biggest comfort:** Your voice and touch are often your baby's biggest comfort. You know your child best, so please let staff know the best way to support you and your child during the hospital visit. Knowing your presence can be very comforting to your baby. Our staff will do their best to minimize the amount of time your baby is away from you.
- **Remain calm:** Infants are in tune with their parent's emotions and will often mimic those emotions.
- **Bring comfort items from home:** These items can help infants adjust to the new environment and ease the separation from you when going for surgery. These items can go back to the operating room with the child.
- **Watch your child's cues:** You know your child best. Since infants are unable to communicate, they rely on others to notice their pain. Watch for restlessness, decreased or increased activity, or loss of appetite. Let your nurse know if you think your infant is in pain.
- **Crying is normal:** Sometimes infants return from surgery crying or fussy. This can be a result of anesthesia, stranger anxiety, or waking in a new environment, not necessarily due to pain from the procedure.