



Children Visiting at the Medical Center

Keeping the medical center safe and welcoming for all

This handout provides tips about bringing children who are not patients to University of Washington Medical Center (UWMC). Please follow these guidelines to help ensure the safety and comfort of all UWMC patients and visitors.

Guidelines

- A responsible adult must directly supervise children at all times in the medical center and clinics. Please keep children next to you, especially when you are in hallways, stairwells, waiting areas, and around elevators.
- Do **not** allow children to get near equipment in the medical center, clinic, or exercise rooms. They could injure themselves or damage the equipment.
- Medical center staff and health care professionals will not provide childcare when you are busy or at your appointments.
- Do **not** bring children visitors to the medical center or clinics if they have a fever, flu or cold symptoms, a rash, diarrhea, or have recently been exposed to a contagious illness, such as chickenpox.
- Clean hands are expected and appreciated! Please use soap and water or the hand gel that is located throughout the medical center and clinics.
- Prepare for your visit. Pack snacks and comfort items, like blankets, dolls, books, and quiet games, to help make a visit to the medical center less stressful for children. These items will help keep children busy and calm. This will add to a more healing environment for all.

If a child is visiting a hospital patient:

- Children can bring comfort to patients who are in the hospital. If you bring children to visit, keep your visit short.
- Patients who are recovering will get tired easily and need lots of rest. Take children outdoors for frequent breaks if your visit lasts longer than expected.
- There are waiting areas on each floor of the hospital. Remember that these and all other areas in the hospital are quiet areas.
- Children may not be left in the care of an inpatient. An adult other than the patient must supervise a child at all times.

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Questions?

Your questions are important. Call your clinic or the inpatient unit your loved one is on if you have questions or concerns.

If children must come with you to an appointment:

- Always ask before bringing children to your visit. Some areas where children are not allowed are surgery recovery areas, physical therapy, diagnostic areas, and exercise training centers during treatments and procedures. **Your visit or procedure may need to be rescheduled if you bring children with you to these or other areas.**
- Please bring another responsible adult to watch your children. Medical center and clinic staff will not provide childcare.
- Bring food, drinks, and toys for your children.
- Bring a safe child seat or stroller to secure younger children.
- Think about how long you will be at the medical center when you are deciding if children should come with you. Most visits and wait times are too long for children.
- Remember: Your clinic visit will be shorter and more effective if you focus on *your* care while you are here, not on the care of your child.

Medical Center Facilities

Children and their adult supervisor may enjoy these hospital locations:

Food and Beverages

- The Plaza Café is on the 1st floor is the main UWMC hospital cafeteria. Vegetarian and vegan options are available.
- The Tea Room is on the 3rd-floor level of the skybridge between the main UWMC hospital and the Surgery Pavilion.
- Espresso stands offer a variety of snacks and beverages:
 - Near the Gift Shop on the 3rd floor of UWMC
 - In the rear of the Plaza Café sitting area on the 1st floor
 - In the Surgery Pavilion on the 1st floor
 - Roosevelt Clinic at 4245 Roosevelt Way N.E., 1st floor
- The Gift Shop on the 3rd floor, near the Cascade elevators, offers beverages, snacks, candy, small gifts and toys, books, and magazines.

Outside the Hospital

- The Montlake Cut is a waterway behind the Surgery Pavilion and hospital. Watch the boats go by and enjoy free space to walk and play.
- The University of Washington campus is across N.E. Pacific Street from the medical center. Enjoy the walking paths, open spaces, and gardens throughout the park-like campus.

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