Helpful hints for your visit to or stay at Boston Children’s Hospital

Thank you to members of our Family Advisory Council and Virtual Family Advisory Council for these tips. Learn more: childrenshospital.org/patient-resources/family-resources/family-partnerships

Tips for your Boston Children’s visit

1. The Hale Family Center for Families is your hub. Whether you’re staying at the hospital or just here for a clinic visit, it has great resources for you. It’s located in Boston Children’s Main Lobby.

2. Families can buy guest food vouchers from any cashier in the hospital food court.
   - If you have unused food vouchers, you can get your money back by bringing them to any cashier in the hospital food court. Or keep the vouchers to use during another visit!

3. To get to the shops on Tremont Street and Huntington Avenue, take the bridge to Brigham and Women’s Hospital located on the second floor of Boston Children’s Bader building. It’s very convenient and a shorter route.
   - And if the weather is bad, you can make most of the trip indoors through Brigham and Women’s Hospital —you just need your Boston Children’s badge.

4. If you’re looking for some new food to try, you may want to check out the cafeteria at Brigham and Women’s Hospital. Also, Au Bon Pain in Boston Children’s Main Lobby is open 24 hours and Starbucks in Boston Children’s food court is open until 11 p.m.

5. The CVS at the Longwood Galleria is the easiest way to get many things you need.

6. Boston Children’s laundry facilities are located on the first floor of the Farley building, near the Garden Conference Room.

Parking tips

1. If you successfully donate blood, the Blood Donor Center will give you a voucher for free parking.

2. If you have a handicap placard and use valet parking, you pay the validated garage rate ($10) for daily parking as opposed to the higher valet fee.

3. Always validate your parking sticker at the welcome desk in the Main Lobby to get the reduced daily parking rate. You can do this for inpatient stays and clinic visits.

4. The in/out parking program lets you pay a single daily fee to come and go from the garage with your saved receipt.

5. The extended-stay parking program costs $60 a week and you enroll in the Parking Office with your parent ID. You can buy additional consecutive days for $10 a day (or buy another full week for the $60 rate).

Personal tips

1. Try to carry a small notebook so you can write something down or leave a note for a nurse.

2. Reach out to Child Life to get your child involved in activities other than watching TV. They have a “magic” closet of activities.

3. Remember to wear your hospital ID badge.

4. Bring a printed medication list with you. It should say how much of each medicine you give (dosage) and when you give each medicine to your child.

5. Speak up during family-centered rounding—you know your child best.

6. Get food and drinks before going up to the room, as you may not know when you can leave the bedside again.

7. Bring headphones or earbuds. Once your child is asleep, use them to drown out the noises of the hospital.

8. Don’t forget your chargers (phone, computer, etc.).

9. Bring things to keep you and your child busy in the waiting room.