

**How to help prevent skin wounds:**

If your child can't or won't move themselves, make sure they are getting moved by someone every few hours. That someone can be you (with guidance from the nurse), or any of the staff.

If your child has medical equipment like a nasal cannula for oxygen or a feeding tube, make sure the skin under the equipment is not red.

Make sure your child's skin stays clean and dry.

Tell the nurse if you see any new rashes or areas of redness.

Ask the doctor if your child can get out of bed. If they can then they should sit in a chair, go for walks, etc. to decrease the amount of time in bed. If they can't ask the doctor to have a physical therapist come help you learn how to move and exercise your child.