

# Family Education Sheet



**Boston Children's Hospital**  
Until every child is well™

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The goal of the dress rehearsal is to give you time to practice caring for your child's tracheostomy ("trach") here at the hospital so that you feel comfortable when you go home.

## What happens during the dress rehearsal?

You will completely care for your child for 12-24 hours, and your health care team will be there to help you if needed. You will:

- Do safety checks
- Do site care
- Give baths
- Give medications
- Practice CPR and emergency scenarios
- Prepare your "go bag"
- Respond to and troubleshooting alarms
- Suction the trach
- Use a self-inflating bag
- Use the ventilator, if your child has one

## When and where is the dress rehearsal?

- We try to do dress rehearsals within 1 week of your child's planned date to go home.
- The dress rehearsal takes place on the unit you are staying on while you wait to go home.

## How should I prepare for the dress rehearsal?

- Think about the aspects of care that you want to make sure you know how to do.
- Write down any questions you have, so you can get them answered before the dress rehearsal.
- Think about how you will set up your house, and where will you keep supplies and equipment.

## What happens after the dress rehearsal?

- You may be able to take your child off the unit. A nurse will need to make sure that you have all the equipment and supplies first.
- Before you leave the hospital, make sure that all of your home supplies are delivered to your home.

Please feel free to ask your health care team any questions.