

Travel Guide for Vermont Families

RECEIVING CARE AT BOSTON CHILDREN'S HOSPITAL



Vermont Family Network
University of Vermont Children's Hospital
Boston Children's Hospital



A special thank you to our collaborating partners:



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From our Family to Yours...

If you have received this packet, you are being referred to Boston Children's Hospital (BCH) for specialty medical care for your child. The stress of receiving news that your child will need medical care at BCH may be difficult to manage. Please know that you are not alone in this journey. You will have additional things to consider as you plan to travel out of state. This packet contains information and resources to make arrangements so that your time and energy can be spent on your family.

Vermont Family Network (VFN) has worked with the University of Vermont Children's Hospital and many families around the state to gather resources that have been most helpful when traveling to Boston for care. VFN would like to especially thank all of the families that have taken the time to help make this packet of information possible. Additionally, BCH is wonderful to work with and has given us permission to use sections of the *Advanced Fetal Care Center Guide for Traveling* to make this resource folder possible.

After reading this, please feel free to contact me for assistance or questions. Or if you come across a phone number or email that needs to be updated, please let me know. We will do our best to keep this information updated to limit any unnecessary stress and frustration.

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Medical Liaison
Vermont Family Network
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(800) 800-4005 X243





Getting Started...

There will be many things to consider as you plan your trip to Boston. It may feel overwhelming. Here are a few resources that may be helpful:

Parent to Parent Support - Vermont Family Network **800-800-4005**
vermontfamilynetwork.org/services/family-support/parent-matches/

- Through the Vermont Family Network you can be matched, confidentially, with another parent that has shared similar experiences and/or diagnoses. Talking on the phone with a parent who has “been there” can offer a source of empathetic listening, hope, encouragement, and problem solving. Vermont Family Network connects families of children with special needs with other families for caring and support. Parents should never feel alone!

Medically Necessary Funds - Vermont Family Network **800-800-4005**
vermontfamilynetwork.org/services/family-support/funding-opportunities/

- Income-eligible families of children with special health needs (birth to 21) may apply for up to \$1,000 per 12 month period for their child’s unmet medically necessary needs such as equipment, medications, travel, and therapies.

Medical Social Worker-Children with Special Health Needs **800-660-4427**
healthvermont.gov/family/special-health-needs

- Through the Children with Special Health Needs, you can be connected with a Medical Social Worker (MSW). There are 10 MSW’s that cover the state of VT. You will be connected with a MSW based on where you live. In addition to offering resources and supports, a MSW can also help with Medicaid Insurance.

Medicaid Insurance

A Medical Social Worker can help you start or complete an application to determine eligibility for Medicaid. A family may receive Medicaid insurance based on either income or disability.

- Dr. Dynosaur is determined based on household income
greenmountaincare.org/health-plans/dr-dynosaur
- Katie Beckett (also referred to as DCHC Disabled Children’s Home Care) is determined based on the condition/disability of the child and income of the child (and will only begin after the birth of the child).

If completing Katie Beckett prior to your child being born, you can fill out most of the application and bring it with you to finish after the birth of your child. You can include reports from surgeons, doctors and nurses that can support the need for Medicaid coverage.

Additional ways someone can qualify for Medicaid can be found in VFN's Six Ways to Access Medicaid. Search on vermontfamilynetwork.org Navigate to: Accessing Health Care, Six Ways to Access Medicaid.

Travel Expenses

In addition to insurance coverage, Medicaid may also be able to help with some of the expenses incurred with travel to and from Boston. For example, Medicaid may help with the cost of gas, food expenses and lodging. In order to access this, you will need to ask your child's pediatrician to complete an: Out-of-area/Out-of-State Transportation Referral Form. dyha.vermont.gov/for-providers/transportation Keep all receipts so that you can be reimbursed. Medicaid will only reimburse a food receipt that is itemized, they will not reimburse a receipt that only has the total amount of the meal on it.

Family Medical Leave Act (FMLA)

You may be eligible for FMLA through your place of employment. FMLA allows for 12 weeks of unpaid time off to care for an immediate family member that has a serious health condition, without jeopardizing your employment status. For more information visit the Department of Labor dol.gov/general/topic/benefits-leave/fmla

Medical Social Worker-Boston Children's Hospital

Each unit of the hospital will have Medical Social Workers, similar to a MSW that you may be connected with in VT. You can ask for a MSW once you are admitted to Boston Children's. Here are a few things a MSW can assist you with:

- Family and Medical Leave Act paperwork
- Hard conversations and emotional support
- Financial resources: There are often times grant(s) that your family may be eligible for which can greatly help offset the cost of being in Boston
- Meal vouchers based on income
- Hospital happenings such as: special dinners, massage, music therapy, Reiki, meditation, yoga etc.



Traveling to Boston Children's Hospital (BCH)...

Is located at 300 Longwood Avenue, Boston, Massachusetts (MA). The traffic in the Longwood medical area is congested between 7-9 AM and 4-6 PM. If you are driving and have early appointments, leave adequate time for travel and parking.

From the North:

- Via Interstate 93, take Storrow Drive westbound
- Exit at the Fenway, Route 1 South
- Follow signs for Boylston Street, Outbound and bear right on Boylston Street.
- At 4th traffic light, bear left on Brookline Avenue
- At 2nd traffic light, turn left on Longwood Avenue
- The main entrance to BCH is the 2nd right

From the West:

- Via the Massachusetts Turnpike, take Exit 18 and get on Storrow Drive eastbound towards Boston
- Exit at the Fenway, Route 1 South
- Follow signs for Boylston Street, Outbound and bear right on Boylston Street
- At the 4th traffic light, bear left on Brookline Avenue
- At 2nd traffic light, turn right on Longwood Avenue
- The main entrance to BCH is the 2nd right

Or

- Via 128 (I-95), take Exit 20/ Route 9 East
- At Brookline Village intersection, turn left on Brookline Avenue
- At 6th light turn right on Longwood Avenue
- The main entrance to BCH is the second right

Parking:

Locations: Parking is available in the Children's Hospital Garage on Blackfan Street directly across from the main entrance. Patients and their families are eligible for a discounted rate. Validation of your parking ticket is available at the reception desk in the hospital lobby. *Please note:* The parking garage will not fit a mid-size SUV with a Thule or carrier on top of the vehicle. If the extra storage is needed, you will need to park in valet parking or find additional parking at a different location.

Cost: With a validated ticket, the maximum fee is \$10.00 per 24 hours. Valet parking is also available at the main entrance for \$15.00 (\$10.00 with a handicapped placard). Parking passes are available to purchase at the Employee Parking Office which is located in the parking garage. You can purchase 6 days and get the 7th day for free (\$70 valued pass for \$60). These passes can be purchased Monday-Friday. Parking programs are available for inpatient families. See your social worker for details.

Patient Airlift Services(PALS)

631-694-PALS(7257)

Volunteer medical flights and free air transportation palservices.org

By Rapid Transit (MBTA or the T):

621-222-3200

Take either the **D** or **E** Green line to Longwood. Follow Longwood Ave. to BCH.
See map below.





Where to Stay in Boston...

Accommodations in Boston are very expensive. When added to the cost of travel and meals, families can find the experience financially challenging. BCH has developed affordable housing options for patient families. The best option for you will depend on several variables, including the number of people traveling with you, the anticipated length of stay, and your own need for company vs. privacy. BCH housing and a partial listing of hotels are provided below. For additional accommodations, including short term rentals, please visit childrenshospital.org. Navigate to: For Patients and Families, Where to Stay, Accommodations.

BCH Patient and Family Accommodations:

The House at 21 Autumn Street
(Devon-Nicole House)
21 Autumn Street, 5th Floor
Boston, MA

Yawkey Family Inn
241 Kent Street
Brookline, MA

617-919-3450

\$30.00 a night

Private rooms with shared bathrooms for BCH families

Walking distance to hospital

Communal kitchen, laundry facilities, internet access

Parking available in BCH garage for \$10.00 per day

Linens and towels provided

Application to stay at either House at 21 Autumn St (Devon-Nicole House) or Yawkey Family Inn locations must be filled out in advance and on-line. BCH Family Housing can assist by phone to complete this application for those who do not have access to a computer. You will be informed if you have a reservation. Two days prior to your arrival, you will receive a phone call letting you know which house you will be staying at (House at 21 Autumn St or Yawkey Family Inn).

Application can be found here: childrenshospital.org/familyhousing

Parent Sleep Spaces

617-355-6279

Farley 5 and 6

Boston Children's Hospital

No Charge: 26 additional sleep spaces and several shower facilities are available for parents of patients in the Medical/Surgical Intensive Care Unit (MICU), Newborn Intensive Care Unit (NICU), and Cardiac Intensive Care Unit (CICU). Some of the sleep-rooms can sleep two parents, but they are proprietary for NICU parents as they cannot stay bedside. Children are not allowed to stay in the sleep spaces.

Sleep spaces are available on a first-come, first-served basis for parents of patients in the ICUs. Parents can request a sleep space room or shower access in the Hale Family Center For Families which is located in the main lobby of BCH next to the Au Bon Pain restaurant.

Private room with twin bed; linens provided

Shared bathrooms in hospital for parents with a child in ICU

Communal kitchen, Laundry facilities

Wi-Fi access

The Surgical Intensive Care Unit (SICU) and the Cardiac Intensive Care Unit (CICU) also have a bed available in the baby's room. The Neonatal Intensive Care Unit (NICU) does not. The ICU is not the most relaxing place to sleep and families often find they need a place away from the unit to relax. But if you would like to be close to your child, you should know that there is the option in the SICU and CICU for one parent to sleep at bedside. Once the child transfers to the floor one parent may stay at bedside. (The floor is also called the step-down unit, a child will be moved here when he/she is stable and no longer requiring intense care, but will still have 24 hour nursing, and you will be one step closer to going home!)

Ronald MacDonald House

617-734-3333

Housing is reserved for children with cancer and their families

Hospitality Homes

888-595-4678

Free of charge but there is a \$25 cancellation fee

Lodging for patient/families in private volunteer host homes

Application and 2 references required; most homes not within walking distance of hospital. hosp.org

Hotels:

****Ask for patient rate when booking. If needed, letters to verify patient status are available, ask your Medical Social Worker.***

The Inn at Longwood Medical

617-731-4700

342 Longwood Avenue, Boston, MA 02115

0.01 miles from BCH

Fridge and microwave available upon request

Overnight parking \$18.00 per day, walking distance to hospital

Four Seasons Hotel

617-338-4400

200 Boylston Street, Boston, MA 02118

2.79 miles from BCH

Fridge and microwave available upon request

Overnight parking \$41.00 per day, complimentary drop off car service

enVision Hotel

617-383-5229

81 South Huntington Avenue, Boston, MA, 02130, US

0.9 miles from BCH

\$25 parking per night

Fridge and microwave in room

Pet Friendly

Homewood Suites by Hilton Boston/Brookline

617-232-1487

111 Boylston St, Brookline

1.9 miles from BCH

Full kitchen

Free breakfast

Valet parking only \$35/night

Holiday Inn Brookline

617-277-1200

1200 Beacon Street, Brookline, MA 02446

0.75 miles from BCH

Fridge and microwave available upon request

Free parking, free shuttle (7AM-10AM, 11AM-10PM, inquire about estimated travel time)

Marriott Courtyard Brookline

617-734-1393

40 Webster Street, Brookline, MA 02446

1.30 miles from BCH

Fridge and microwave available upon request

Overnight parking \$15.00, free shuttle to hospital

Long Term Housing:

Church Hill Company-Rental apartments

866-255-0593

Churchillliving.com

For a complete list of all accommodations near BCH visit:

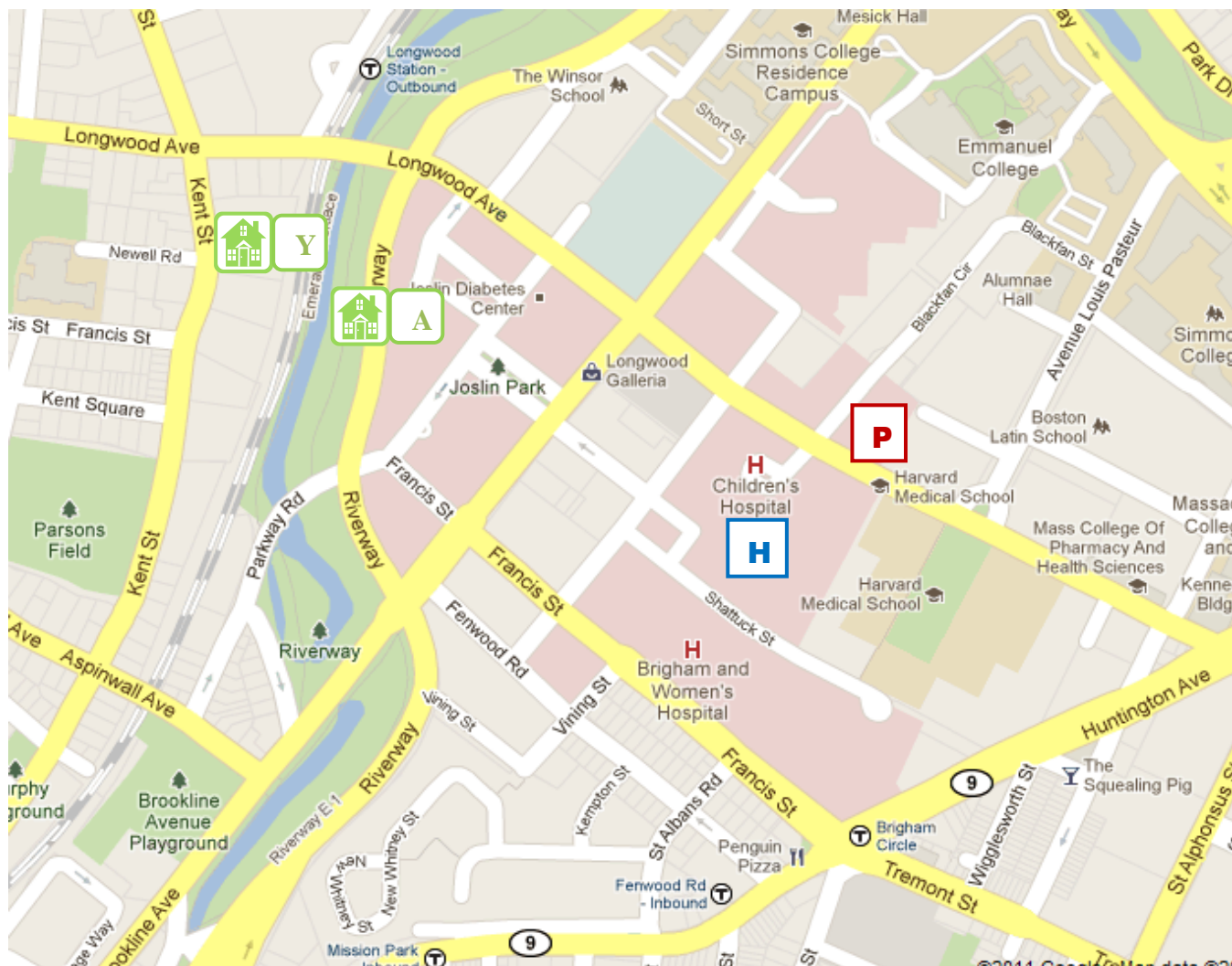
childrenshospital.org/patient-resources/accommodations

Suggestions for what to pack:

- Laundry detergent (pods are very easy to travel with). Detergent is not sold in hospital and is expensive at the CVS
- Tide to Go Instant Stain Remover in case you need to do a quick wash of something in your room
- Comfortable clothes
- Sneakers
- Slippers to wear in the room or slip on shoes; great when you need to get up quick
- Warm clothes (ICU can be cold)
- Bring your Vermont Family Network Care Notebook or a note book to write things down and also a good place to put any questions that you have so you can be ready for doctors/nurses
- Baby wipes-hospital uses dry pads that you have to wet with water. If you prefer wipes then it would be best to bring a package with you



Finding Your Way in the Neighborhood...



Boston Children's Hospital
300 Longwood Ave., Boston



The House at 21 Autumn Street



Children's Hospital Parking
The corner of Longwood Ave.
& Blackfan St.



Yawkey Family Inn
241 Kent St.



Subway stop (MBTA or the T)



The Essentials: Meals, Money, and Mail...

There are many options for meals at and around the hospital. In addition to the list below, parents can order off the food menu located in your child's room. In order to do this, parents can pay for meal vouchers at the cafeteria. By purchasing a meal voucher at the cafeteria, this will allow you to order off the menu (call 5food) in your child's room. Nursing mothers will receive three free meal vouchers a day to order from the menu.

Restaurants in the hospital:

Children's Hospital Cafeteria

Farley Basement, BCH

Hours:	Monday-Friday:	6:30 AM-10:30 AM, 11:00 AM-8:00 PM
	Weekends/Holidays:	6:30 AM-10:30 AM, 11:00 AM- 7:00 PM

Au Bon Pain

Main Lobby, BCH

Hours:	Sunday - Thursday	24 hours a day
	Saturday, Sunday	closes at 11PM

Restaurants connected to hospital:

Galleria Food Court

342 Longwood Avenue, Boston, MA

McDonald's, Subway, Dunkin Donuts, Beantown Burrito, etc...

Restaurants within walking distance:

Bertuccis

617-739-2492

1 Blackfan Circle, Boston, MA

Italian cuisine and pizza

Boloco

617-232-2166

283 Longwood Avenue, Boston, MA

Burritos and smoothies

Brueggers

617-232-2166

375 Longwood Avenue, Boston, MA

Bagels, sandwiches, salads, and coffee

JP Licks

617-566-6676

1618 Tremont Street, Boston, MA

Homemade ice cream and frozen yogurt

Longwood Grill (in the Inn at Longwood Medical)

617-232-9770

342 Longwood Avenue, Boston, MA

American cuisine

B. Good

617-232-5599

360 Longwood Ave, Boston, MA

Kale and Grain bowls, salads, sandwiches

Starbucks 617-277-5202
383 Longwood Avenue, Boston, MA
Coffee, baked goods and sandwiches

TGI Fridays 617-734-1047
1626 Tremont Street, Boston, MA
American cuisine

Uno Chicago Grill 617-262-4911
645 Beacon Street, Boston, MA
American cuisine and pizza

Groceries:

Shaws 617-267-4684
33 Kilbuck Street, Boston, MA

Stop and Shop (Brigham Circle) 617-232-3572
1620 Tremont Street, Boston, MA

Trader Joe's 617-278-9997
1317 Beacon Street, Brookline, MA

Target 617-991-8262
1341 Boylston St Boston

Pharmacies:

CVS (Pharmacy only) 617-975-3500
1st floor, BCH

CVS 617-731-5753
350 Longwood Avenue, Boston, MA

Walgreens 617-232-7506
429 Brookline Avenue, Boston, MA

Banks:

Bank of America (ATM) 1st floor BCH, near Fegan elevators

Citizens Bank (ATM) 1st floor BCH, near Fegan elevators

Postal Services:

UPS Store 617-738-3372
423 Brookline Avenue, Boston, MA

US Post Office
1575 Tremont Street, Boston, MA (near Brigham Circle)

Meeting Mother's Needs at Brigham and Women's Hospital (BWH)...

Some expecting mothers travel to BCH for fetal intervention or for the care of their baby immediately following delivery. Whether the transfer of mother's care is temporary or for the duration of the pregnancy, providers in Maternal-Fetal Medicine at BWH specialize in the care and delivery of high risk pregnancies and they partner with BCH for fetal interventions.



Registration:

866-489-4056

In order to transfer your care, you must first register at BWH. They are a separate hospital and have their own registration process. No appointment can be scheduled for obstetrical care until you have registered. Please call the number below with your insurance information. At the end of the call, they will give you a registration number.

Scheduling Appointments at BWH:

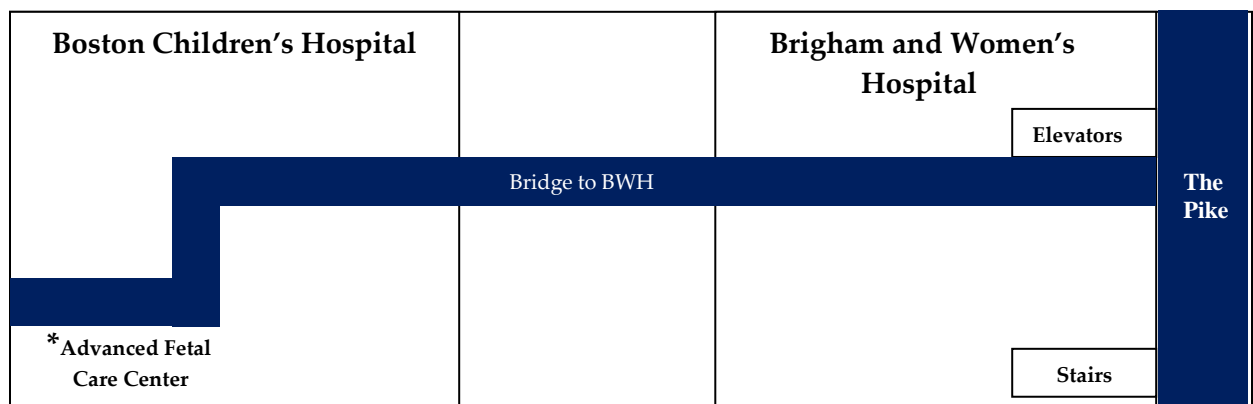
617-732-4840

The department of Maternal - Fetal Medicine at BWH schedules its own appointments. Please have your BWH registration number when you call.

Getting to BWH:

BWH is located at 75 Francis Street, Boston, MA. There is valet parking at the main entrance or patient parking at 70 Francis Street, Boston.

Getting to BWH from the AFCC: BWH is connected to BCH by an indoor bridge. To reach BWH from the AFCC, turn right out of the AFCC and follow the hall through the sliding doors, upstairs and cross the bridge into BWH. See map below.



- **To Maternal-Fetal Medicine:** turn left on the Pike, take elevators on left to the 3rd floor.
- **To OB Admitting:** turn right on the Pike, take stairs on right to ground floor. Admitting is past escalator on right.
- **To Triage/Labor and Delivery:** turn left on the Pike, take elevators on left to 1st floor. Ask security to release elevator to 5th floor. Nursing desk is straight ahead as you come off elevators.

Birthing and Lactation Supports

Whether you are at BWH recovering from having your baby, or at BCH with your baby, breast pumps, lactation rooms and Lactation Consultants are all available.

Breast Pumps are available throughout the hospital. You can ask the staff at the check-in desk on the unit where your child is staying to check out a breast pump. All pumps are hospital grade. You can ask for a starter kit that will give you all new tubing and the essentials you'll need to use the pump, (there is also a lactation vending machine located just outside of Au Bon Pain next to the elevators). The pumps are a first-come first-serve and if in high demand, you may need to wait until one is available. If you can arrange to have a personal pump with you, that will cut down on your wait time. If your family is outpatient, the starter kit is at cost for \$50.

Lactation Rooms are located throughout the hospital. If comfortable, you can pump in your child's room, each room has a curtain that separates the sleep space.

Lactation Consultants are available to support nursing moms. You can ask your child's nurse or social worker to help in setting that up.

Doula Birthing Support

If you were considering a Doula's support for the birth of your child, you can still have this support at the hospital. BCH and BWH do not provide Doulas, but you can find Doulas in the area that are willing to travel to the hospital to provide birthing support. A few resources include:

Birthing gently
birthinggently.com/

978-314-5533

Rising Tide
risingtidewomen.com/birth-services

774-207-7124



Additional Hospital Supports...

Child Life Specialists

617-355-6551

Child Life Specialists enhance a patient's emotional, social and cognitive growth during a hospital stay, giving special consideration to each child's family, culture and stage of development. Using developmental interventions and play, they help patients and families adjust to and understand the hospital and their medical situation. Child Life Specialists:

- Help patients develop ways to cope with fear, anxiety, separation and adjustment to the hospital experience
- Provide consultation to the health care team regarding developmental and psycho-social issues
- Provide preparation and individualized support before and after medical procedures
- Facilitate developmentally appropriate play, including medical play, at the bedside, in activity rooms and in clinic areas
- Initiate tutoring services

You can ask for a Child Life Specialist if one has not visited your child during your stay. They can bring toys and activities to engage your child and keep them occupied as they recover or during medical treatments. For additional information

childrenshospital.org/patient-resources/family-resources/child-life-specialists

Chaplaincy

617-355-6363

Chaplains are in the hospital every day from 8 am to 5 pm and available after hours for emergencies. Ask for a chaplain to be paged. A nurse can also page for you.

Interfaith Chapel

617-355-6664

Located on Farley 1 near the Cashier's Office, is a peaceful interfaith chapel and it is always open. You and your family are welcome to use this quiet space for your own prayer or meditation. Rosaries, electric Sabbath candles, prayer rugs and cushions, and scriptures in many languages are available upon request.

In addition, the chapel hosts regular weekly observances and services on special religious holidays. These include Catholic mass, Sabbath candle-lightings, and Buddhist meditation. (A current listing of service times is posted near the chapel door.) The Muslim chaplain can provide directions to local institutions for Friday prayer, Ramadan, and other holy days.



Things to Do in Boston...

Museums:

The Children's Museum

617-426-8855

300 Congress Street, Boston bostonkids.org

Children can enjoy learning about science, culture, the arts, literacy, health and the environment. Hands-on and interactive museum with innovative exhibits, fun for everyone!

MBTA: Take Green Line from Longwood to Park Street. Change to Red Line towards Braintree. Take train to South Station. Exit South Station to the right of the Amtrak Sales window, to the left of the Commuter Rail platforms onto Summer Street. Take a right onto Summer Street and walk one block towards the water. Take the first left on Dorchester Avenue. Follow Dorchester Avenue one block and turn right over the Congress Street Bridge. At the stoplight, turn right onto Congress Street and proceed across the bridge. You'll see the Museum ahead on your left, behind the 40-foot milk bottle. It's about a three-block walk.

Isabella Stewart Gardner Museum

617-566-1401

280 The Fenway, Boston gardnermuseum.org

Housed in a stunning 15th-century Venetian-style palace surrounding a sun- and flower-filled courtyard, the Museum provides an unusual backdrop for viewing of art. The Gardner Museum's collection contains more than 2,500 paintings, sculptures, tapestries, furniture, manuscripts, rare books and decorative arts.

MBTA: Take the Green Line "E" train from Longwood to Museum of Fine Arts. Cross Huntington Avenue to Louis Prang Street. Walk down Louis Prang Street for two blocks. The Museum is on left.

John F Kennedy Library and Museum

617-929-8855

Columbia Point, Boston jfklibrary.org

Museum portrays the life, leadership, and legacy of President Kennedy, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President.

MBTA: Take Green Line from Longwood to Park Street. Change to Red Line towards Braintree. Take train to JFK/UMass. There is a free shuttle bus to the Library every 20 min. beginning at 8:00 a.m. and running until Museum closing. Take the buses marked 'JFK.'

Museum of Fine Arts

617-723-2500

465 Huntington Avenue, Boston mfa.org

Boston's most comprehensive art museum, known for its collections of European paintings, European and American decorative arts and furnishings, Egyptian sculpture, and Asian fine and decorative arts.

MBTA: Take the Green Line "E" train from Longwood to the "Museum of Fine Arts".

Museum of Science

617-723-2500

Science Park, Boston mos.org

Explore over 400 interactive exhibits, the Mugar Omni Theater, the Thomson Theater of Electricity, and the Hayden Planetarium.

MBTA: Take Green Line "E" train from Longwood to Science Park. Museum is across the street.

USS Constitution Museum

617-426-1812

Bldg 22, Charlestown Navy Yard ussconstitutionmuseum.org

Located adjacent to the USS Constitution, the oldest commissioned warship afloat in the world, this museum offers hands-on exhibits, displays of historic artifacts, and computer simulated re-enactments.

MBTA: Take Green Line from Longwood to North Station. Walk east on Causeway Street towards the Zakim Bridge/North End. At 1st light (N. Washington Street), turn left and cross the Charlestown Bridge. Follow Freedom Trail Red line to Charlestown Navy Yard. Enter through Gate 1. Museum is in Bldg 22.

Tours and Cruises:

Boston Duck Tours

617-723-DUCK

53 Huntington Ave, Boston bostonducktours.com

An 80-minute narrated tour of Boston aboard a DUCK (a WWII amphibious landing vehicle). Sites include: Boston Gardens, Beacon Hill, Bunker Hill, USS Constitution, Old North Church, Quincy Market, the State House and a ride on the Charles River.

MBTA: Take the Green Line from Longwood to the Prudential Center. Ticket booth is inside the Prudential Center across from Barnes & Noble.

Boston Harbor Cruises and Whale Watch

617-227-4321

Long Wharf, Boston bostonharborcruises.com

Cruise to see historic sites, lighthouses, sunsets or whales. Cruises run from late June until early September. Length of cruise varies.

MBTA: Take Green Line from Longwood to Government Center. Change to Blue Line towards Wonderland. Take train to Aquarium. Follow signs for Aquarium. BHC is at east end of station.

Old Town Trolley Tours
trolleytours.com

617-269-7010

A narrated tour of Boston aboard an orange and green trolley. Points of interest include Fenway Park, Beacon Hill, Faneuil Hall, Bunker Hill, the Paul Revere House, the USS Constitution, New England Aquarium. Hop off and on at any of the 17 stops and explore on your own schedule. For ticket info and tour stops, visit web site. Ghosts and Gravestones tour with stories about Boston's most sinister characters and oldest graveyards also available.

Odyssey Cruises,
Rowes Wharf, Boston odysseycruises.com

866-307-2469

One of the largest fine-dining cruise ships on Boston Harbor, offering lunch and dinner cruises and a Sunday jazz brunch.

MBTA: Take Green Line from Longwood to Government Center. Change to the Blue line towards Wonderland. Take train to Aquarium. Follow signs to Atlantic Avenue. Walk along Atlantic Avenue, past the Boston Harbor Hotel. Rowes Wharf will be ahead on the left.

Other Attractions and Activities:

Boston Public Gardens
fodors.com/world/north-america/usa/massachusetts/boston/review-96367.html
swanboats.com

Twenty-four acre park bound by Arlington, Boylston, Charles and Beacon Streets, home of the Swan boats and the bronze sculptures from *Make Way for Ducklings*.

MBTA: Take Green Line from Longwood to Arlington Street. Walk one block up Boylston Street. The Public Gardens will be on your left.

Boston Common
boston.gov/parks/boston-common

America's oldest park, home to Frog Pond a carousel that runs every day of the week (weather permitted) and tons of green space.

MBTA: Take Green Line from Long Wood to the Park Street Station MBTA stop. The subway station is located on the Corner of Park Street and Tremont Street on Boston Common.

Faneuil Hall Marketplace
faneuilhallmarketplace.com

Is Boston's central meeting place, offering an unparalleled urban marketplace. There is an array of shops, restaurants and outdoor entertainment at this urban destination.

MBTA: Take Green Line from Longwood to Government Center. As you come out of station Boston City Hall will be straight ahead. Take the stairs to the right of City Hall. Cross over Congress Street and Faneuil Hall Marketplace will be directly ahead.

Fenway Park**617-226-6666**4 Yawkey Way, Boston redsox.com

Home of the Boston Red Sox! Tours available daily.

Walking from BCH: Turn left out of BCH drive way onto Longwood Avenue. At second light turn right on Brookline Avenue. Walk for about .7 miles. Yawkey Way will be on your right.

Fitcorp**617-738-9229**77 Louis Pasteur, Boston fitcorp.com/locations/longwoodmedicalarea.aspxA comfortable, clean, and non-intimidating place to work out. Parents of CHB patients have *free* use of the gym during their child's stay.

Walking from BCH: At end of BCH driveway cross Longwood Ave and continue straight on Blackfan Circle. Entrance for Fitcorp is past BCH garage on the right.

Franklin Park Zoo**617-541-LION**1 Franklin Park Rd, Dorchester zoonewengland.org

MBTA Bus: Take any bus from stop at entrance to BCH on Longwood Avenue to Ruggles station. Then take the number 45 bus to the Franklin Park Zoo.

Freedom Trailthefreedomtrail.org/maps/pdfs/boston-nps-map.pdf (map)

Follow the Freedom Trail and experience the story of the American Revolution. Along the two and a half mile red-brick walking trail, you'll be led to 16 historical sites that shaped the history of one of our country's most turbulent periods. The trail's unique collection of churches, burial grounds, museums, meeting houses and more are marked by a red line along the sidewalk. Starting at the Boston Common, it takes visitors through downtown Boston, the North End and Charlestown.

MBTA: Take Green Line from Longwood to Park Street. Trail starts at the Visitor Information booth on the Tremont Street side of the Boston Common.

Jillian's Boston,**617-262-0300**145 Ipswich St, Boston jilliansboston.com

Entertainment complex featuring virtual games, pool tables, racing simulators, bowling, and dining. Mostly geared towards older crowd but open to all ages before 8PM.

Walking from CHB: Turn left out of BCH driveway onto Longwood Avenue. At second light turn right on Brookline Avenue. Walk for .7 miles, bear right on Lansdowne Street. Walk 0.2 miles and turn left on Ipswich Street. Jillian's will be on your left.

New England Aquarium

617-973-5200

1 Central Wharf, Boston neaq.org

Located on Boston's scenic waterfront, the New England Aquarium offers colorful & educational exhibits featuring more than 8,000 aquatic creatures. Highlights include a 4-story glass ocean tank with a coral reef display plus an outstanding variety of fishes, sharks & sea turtles and the Simons IMAX Theatre which showcases animals and habitats not seen in the Aquarium.

MBTA: Take Green Line from Longwood to Government Center. Change to Blue Line towards Wonderland. Take train to Aquarium. Follow signs for the Aquarium.

Newbury Street, Boston

newbury-st.com

Newbury Street runs from the Public Gardens to Massachusetts Avenue and includes 8 blocks of upscale clothing boutiques, art galleries, jewelry, antiques and fine dining. The area is also architecturally and historically rich, with many buildings constructed in the 19th century.

MBTA: Take Green Line from Longwood to Arlington Street. Emerge from subway on Boylston Street. Walk one block and you will be on Newbury Street.

The North End (Little Italy)

northendboston.com

northendboston.com/visting-map.htm (map)

The North End is best known for its Italian restaurants, delis, cafes, specialty food shops and bakeries. If you are hungry, this is the place to be!

MBTA: Take Green Line from Longwood to Government Center. Coming out of station Boston City Hall will be straight ahead. Walk to left of City Hall and take the stairs down to Congress St. Cross the street and continue on Hanover St. You will be in the heart of the North End.