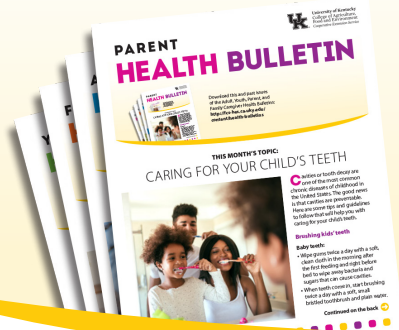




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT HEALTH BULLETIN



APRIL 2023

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THIS MONTH'S TOPIC:

QUESTIONS TO ASK YOUR CHILD'S PEDIATRICIAN



When you take your child to a doctor's appointment, it can seem like you wait a long time and only spend a few moments with your child's health-care provider. Make the most of the time that you get with health-care professionals by preparing questions ahead of time. Well-child visits and annual physicals in particular are good times to have questions because you and your child are less likely to be distracted by feeling badly.

Many pediatricians enjoy and prefer when parents and caregivers have questions to ask. The questions can be about their child's development or about how to be

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Disabilities
accommodated
with prior notification.

You may find it helpful to keep a running list, on your phone or on a post-it note, of questions that you think of over time.

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prepared and able to care for their child if and when they do become ill. Today, there is an overabundance of parenting and child-rearing advice available online and through social media. Getting information from a trusted medical source, who can actually see your child and tailor advice to your specific situation, is a resource to take advantage of.

How do you come up with questions to ask? You may find it helpful to keep a running list somewhere, either on your phone or on a post-it note, of questions that you think of over time. You may also want to take a few minutes in the days leading up to an appointment to sit down and think if you have specific concerns that you want to bring up with your child's doctor.

As your child gets older, you will want to include them in this process. Ask them if they have questions for their doctor about their body or how to keep themselves healthy. Modeling self-advocacy and teaching children how to interact with health-care professionals is an important self-help skill. Including your child in the process of thinking of questions, making notes ahead of time, and bringing them up with their doctor during their visit is important. You are teaching your child to be comfortable in medical settings and to speak up when they want to know something. It will also give them confidence to talk to their doctor more as they have questions about their care.

If you are struggling with what to ask, here are some ideas:

- Is my child hitting developmental milestones for their age?
 - If not, what can I do to help address them?
 - If so, what can I do to keep them on track?
- Is my child up to date on all vaccines and preventative care screenings?
 - If not, ask what the provider recommends. Ask what the vaccine protects against or what the screening looks for, to decide if they are right for your child and when to schedule.



Is your child up to date on all vaccines and preventative care screenings?

- If yes, request a printed record before leaving to add to your child's medical records at home.
- What are current car seat or booster recommendations?
- Is my child getting enough sleep for their age?
- Do you have any safety concerns about new sports, technology use, or family routines?
- Are there any concerns that your pediatrician has after evaluating your child?
- Are there any concerns that your child's teachers, babysitters, or other caregivers have voiced that you would like a second opinion about?

REFERENCES:

<https://www.cdc.gov/ncbddd/actearly/pdf/How-Talk-Doctor-P.pdf>

**ADULT
HEALTH BULLETIN**

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