

Preparing for Doctors/Therapist Visits

Doctors

Make a list of questions to ask your child's doctor, like...

- How experienced are you with my child's condition?
- What should I know and look for related to my child's condition?
- What specialists does my child need?
- What hospital is the doctor affiliated with (Norton, UofL, UK, etc.)
- Do you have any concerns with my child's development?
- What milestones should I be looking for and when?
- What test does my child need and what are they for?
- Is my child in the correct car seat?

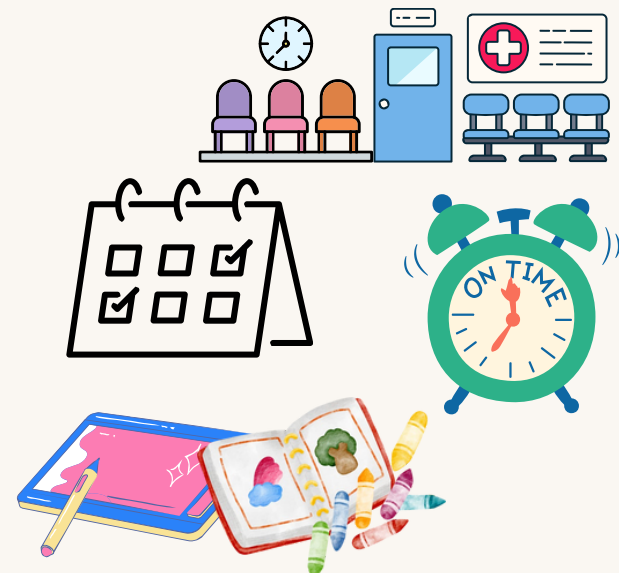
Therapist

Make a list of questions to ask your child's occupational, speech, physical therapist, and psychologist, like...

- What can I do to help my child at home with therapy?
- What do I need to do to help my child prepare for therapy?
- What are my child's goals? Are we on the same page?
- What skills can I practice with my child in our daily routines?
- How can I implement the things taught in therapy to better my child's life?
- How many visits does my insurance allow, and how long are each visit?

How to prepare for your child's visit to the doctor or therapist

- Have realistic expectations for your child and flexibility if things don't work as planned.
- Remind your child in preparation for the visits; many children have difficulty transitioning. Remind them of the appointment the day before, an hour before.
- Pack a bag with your child's favorite things, such as tablets, coloring books, snacks, and things to entertain them if the appointment runs long.



Encourage pretend play between you and your child!
These are some everyday things your child may encounter at the
doctor's office.

How many can you find?
How many can you name?
Do you know what they are used for?



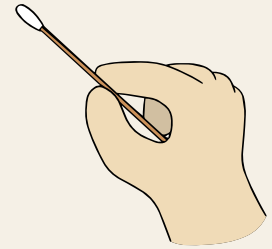
Stethoscope



Blood Pressure
Cuff



Hand
Sanitizer



Swab



Thermometer



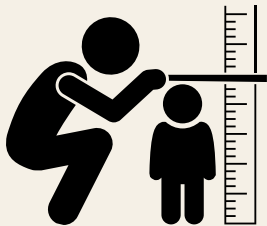
Doctor



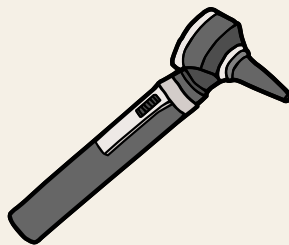
Nurse



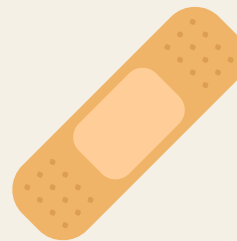
Scale



Height Chart



Otoscope



Band-Aid



Eye Test

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