

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, acts, or moves, talk to your child's doctor and share your concerns. Don't wait. Acting early can make a real difference! Here are some tips for talking to your child's doctor:

1. Prepare for the visit.

- When you make an appointment, state that you are concerned about your child's development. Be ready to share specific concerns about your child when you visit.
- Write some notes about your concerns and even take some photos or videos of specific things you may be worried about. Take these to the appointment.
- Be ready to provide general information about yourself and your child, including details of your pregnancy, birth and early milestone development.
- Take a support person with you.

2. Ask all of your questions during the visit. You know your child best and your concerns are important!

- Tell the doctor you have concerns at the start of the visit and share the information, concerns and any questions you might have written down.
- If the doctor seems to be in a hurry, ask if you should schedule another visit.
- Sometimes medical terminology can be difficult. If the doctor uses terms you don't understand ask for clarity, write them down.
- Take notes (or ask your support person to take notes for you) to help you remember what the doctor says and what to do next.

3. Make sure you understand what the doctor says and what to do next.

- Before you leave, make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- Review your notes and ask the doctor or office staff for any information you will need to implement what the doctor has told you. For example, "What is the phone number for the NDIS ECEI Partner?"
- When you get home, review your notes and call the doctor's office if you have any questions.
- Take the steps the doctor has told you and remember to follow up with the doctor about how it went.

Remember, acting early can make a real difference!