Preparing for Your Appointment

Take some time before your child's appointment to think about what you want to talk about or ask your pediatrician (or other provider). It will be helpful to you and to your pediatrician if you write it down!

Areas to Consider

- My child's strengths are...
- Things about my child that I wonder or worry about right now...
- Things about my child that I wonder or worry about that may be in the future...
- My child's behavior at home and at school or in early education and care... (What is his or her behavior like in different environments? Do you wish it to be different?)
- My child's routine is (consider eating/sleeping/transitions/relationships)...
- Things I wish for my child/family...

A
Notes