

Talking to Your Child's Doctor

Talking to your child's doctor about your child's activity level, nutrition and weight is an important part of your child's health. Here are some tips to keep in mind.



Have you made any changes? Be sure to talk to your child's doctor about any changes in your child's:

- Diet, including foods, snacks and drinks
- Physical activity and play
- TV time, video games or other sedentary activities

Ask for help. Let your child's doctor know if you need help getting your child to eat more fruits and vegetables or be more active. Your child's doctor can help your family set health goals. The doctor can also connect you with a dietician or patient educator who can work with you to make a plan and with any nutrition question you may have.



When you participate in your child's healthcare you are making sure that your child gets the best care possible. Here are some tips to help make the most of your time with your child's doctor.



Be prepared. Be ready to share any concerns or questions when the doctor asks how your child is doing. It is also good to be specific. For example, instead of saying "my child is sick" tell the doctor if your child is vomiting, had a fever or any other symptoms.

Ask questions. Write down your questions before you take your child to the doctor. This will help you remember everything.

Be focused during the visit. Turn off your phone or any other distractions. **If possible leave your other children with a babysitter or relative.** Let your doctor know if you would like to use an interpreter during the visit.

Follow up. Take notes on any instructions the doctor gives you so you don't forget them. Ask any questions you have. Read the information given to you at the time of the visit. Be sure you understand what follow-up appointments or lab tests your child needs.

