

WHAT TO EXPECT FROM A PAEDIATRICIAN APPOINTMENT AND HOW TO PREPARE YOURSELF

WHO IS A PAEDIATRICIAN?

A medical doctor specialising in the health, growth and development of babies, children and teenagers.

HOW DO I GET THE APPOINTMENT?

- Start with your GP or maternal child health nurse. They will check your child and give you a referral if a paediatrician is needed.
- Ask about support while you wait. Wait times can be different. It's okay to ask your GP or nurse what help is available during the wait.
- You may have choices for appointments. Public clinics are usually free or low-cost but may take longer. Private clinics may be faster but can cost more, even with Medicare.

PREPARING YOUR CHILD

- For infants it's helpful to dress them in clothing that can be easily removed, and bring an extra nappy just in case.
- Be as honest as you can about the nature of the visit and prepare the child.
- Tell your child that there will be a bit of talking, followed by an examination and reassure them that most visits will not have any painful procedures.
- Talk about the visit a couple of days before.

APPOINTMENT TOOLKIT

Once you have your date and time booked for the appointment, you can do the following to prepare yourself for the appointment:

- A GP referral
- Remember the main reason why you are visiting the paediatrician.
- Write down a list of questions you may have as you might not remember them all on the day.
- A list of any medicines your child is taking, including the dose (how much and how often).
- Any reports from Speech Therapists, Occupational Therapists or Psychologist assessments that your child has already seen.
- Your child's Personal Health Record which contains information regarding their growth and immunisations.
- A recent report card or letter from your child's teacher / school / daycare if you have any concerns regarding behavioural or learning issues.
- Your child's favourite toy or snacks to keep them busy.

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