



Parents Reaching Out Health Care Tips 9

Parents: Questions to ask your child's Doctor

Parents Reaching Out provides resources that focus on helping families make informed decisions about the care and education of their children. Keeping your family healthy means knowing how to navigate the health care system and talk with your doctor or other providers. We hope these tip sheets will give you the information you may need to access the best, most cost-effective medical and related services to meet the needs of your family.

Questions, Questions, Questions

Sometimes it is hard to remember everything or think of what you need to ask your child's doctor. Here are some sample questions to help you get on the right track.

- Make sure to ask for a long enough appointment. Sometimes appointments are very rushed.
 - If you know that you will have a lot to talk about with your child's doctor, ask for an extended appointment so you do not run out of time.
- Tell the doctor everything you can about why you are there.
 - For example: If you have an injury, what your child did when they got hurt.
 - The more information the doctor has, the more helpful he/she can be.
- Bring a list of questions and concerns.
 - It is easy to forget things when you are sitting in the doctor's office. A written list of questions, concerns, or other things you want to make sure to tell the doctor will help you remember everything that has been on your mind.
- Say what you think and be honest.
- Tell the doctor to be honest and tell you everything.
 - You are entitled to know all about your child's condition, the treatment, and any options that might be available.
- Be assertive. Be nice, but persistent.
- Ask questions.
 - Remember-there is no such thing as a stupid question.
 - If you do not understand an answer to a question, ask the doctor to explain it again until you do understand it.

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- Write down what the doctor says. That will help you remember later.
- Bring someone with you if you would like.
- Sometimes it helps to have someone else there for support, to hear what the doctor has to say, or to ask questions that you might not think of during your visit.
- If you need help, ask for it.
- When visiting a new doctor for, ask the doctor about his/her background and experience.
- Even if you have seen the doctor for a long time, it is ok to ask about the doctor's background and what his/her experience has been.
- Call back if you have questions after the appointment.
- Sometimes questions come up after you get home, or you forget something the doctor said.
- It is okay to call and follow up with more questions.
- Learn about your child's insurance coverage.
- What services are covered and what procedures do you have to follow to get those services?
- You can use a smartphone to record your appointment so you can listen later.
- Find out if your doctor uses text or email to communicate with patients.



Here are some resources that may help you prepare for doctor appointments for your child:

<https://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html>

<https://www.nia.nih.gov/health/what-should-i-ask-my-doctor-during-checkup>

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