
MAKING APPOINTMENTS, CHECKING IN, AND COMMUNICATING WITH PROVIDERS

PARENTS & CAREGIVERS

As your child gets older, they may need to start developing the skills needed to manage their own health care. While you may be there to help them, encouraging your child's independence by establishing small, achievable goals will help them gain the confidence needed to live more independently. Even though health care transition tends to focus on youth, it is sometimes the hardest for parents. As your child grows older, you may need to coach them into learning the skills necessary for health care management.

Why is this important?

- As your child gets older, it is normal for them to want more freedom and privacy. By establishing these health management skills, your child will be able to independently speak to their provider.
- No one knows your child's body than they do! Encourage your child to share their health concerns with their providers.
- If applicable, prepare your child for the appointment. You can role play with your child what might happen at the appointment, including:
 - Making an appointment, checking themselves in at the front desk, and speaking up during appointments.
 - The provider may ask to talk to your child alone. Communicate with your child that this is normal, and that they can share their concerns with the provider.
 - The appointment might be as short as 15 minutes. If applicable, encourage your child to write down their concerns so they can easily provide information.
 - At the end of visit, your child may need to check-out. This might include paying a co-pay, scheduling a future appointment, or completing additional paperwork.