



PARENTS & CAREGIVERS: PARTNER WITH PROVIDERS

Strategies for Success

You know your child best! You want to make sure they get the best care. Here are strategies to build partnerships with your child's healthcare team.

Before your child's appointment

- **Write down questions/concerns to bring to the appointment.**
- **Bring updates about your child including a list of medications.**
- **Have a notebook and pen to take notes.**
- **Have your calendar available.**
- **Consider bringing someone with you to support and listen.**



Suggested questions during your child's appointment

- **Can you explain in plain language what you just said?**
- **Can we work together on a plan of care for my child?**
- **I am worried about my child, can we talk more about it?**
- **Are there other treatment options?**
- **What changes or concerns require that I contact you?**
- **What do I do if I have a concern and your office is closed?**
- **Are there organizations or resources for my child's needs?**
- **If I need financial assistance, who should I talk to?**



At the end of your child's appointment

- Review information and confirm next steps with provider.
- Make a follow up appointment.
- Ask for the best way to stay connected with the provider (portal, direct number, email, after hours line).
- If you run out of time, make a plan to get the rest of your questions answered.
- Update your child's medical history.



Developing your support network

- Learn all you can about your child's health concern.
- Connect with helpful organizations.
- Participate in community events for your child's needs.
- Look for caregiver groups to support your child's needs.
- Attend parent training and education programs.
- Ask your care provider about respite care support.



Partnering Makes the Difference!



Scan the QR code for more information and resources or go to <https://www.fndusa.org/>