

A plan for the doctor visit

Bring this page to a conversation about your child's development. Use your own words; you do not need to prove a diagnosis.

1. What I want to say

"I have noticed these changes or difficulties: _____. They started around _____. Here is what my child enjoys and what helps: _____. What assessment or support would you recommend?"

2. What I can bring

- ☐ Two or three dated examples of what I noticed, including strengths.
- ☐ Existing reports, relevant daycare or school observations, and my questions.
- ☐ If a screening tool was used, its name, date and results. Ask the clinician whether it fits my child's age; screening is not a diagnosis.

3. Questions before I leave

- ☐ Should we consider a developmental or hearing assessment?
 - ☐ Can you record my concerns and the agreed next step?
 - ☐ Who makes the referral, how will I hear back, and when should I follow up?
 - ☐ What changes should prompt earlier medical advice?
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4. My next contact

For children under 7 in Quebec, contact your CLSC about Agir tôt. Ask what support can begin while assessment is pending. If monitoring is advised, agree on a review date.
