

Before you see the GP about your child

Make some notes before you go, and take them with you. Examples with dates help the GP understand what has been happening.

WHAT I HAVE NOTICED, AND SINCE WHEN

I first noticed a change around _____

Date

What I saw or heard

_____	_____
_____	_____
_____	_____
_____	_____

For example: "Since early October she has taken over an hour to get to sleep on most school nights."

WHAT HAS CHANGED

At home

At school, and with friends

_____	_____
_____	_____

Sleep

Eating

_____	_____
_____	_____

WHAT WE HAVE ALREADY TRIED, AND WHETHER IT HELPED

If writing this down has made you more worried than you expected, you don't have to wait for a routine appointment: call the surgery and ask for an urgent one. If she tells you that someone is hurting her, that she is hurting herself or that she does not want to be alive, stay calm, thank her, do not promise to keep it secret, and act that day, using the routes at theparentbook.com/urgent-help.

If you or your child is in immediate danger: Call 999, or go to your nearest A&E. 24/7.

At the appointment

Write down what the GP says, or ask whoever comes with you to take notes. Before you leave, check that you know what happens next, and when.

WHAT I WANT TO ASK, MOST IMPORTANT FIRST

1 _____

2 _____

3 _____

You might also ask: "What happens next?" "Do we need to come back, and when?" "Who do we contact if things get worse?"

Date _____ The GP we saw _____

WHAT THE GP SAID

WHAT HAPPENS NEXT, AND WHEN

For example: a follow-up appointment, a referral, or something to try at home.

WHEN WE GO BACK

WHO WE CONTACT IF THINGS GET WORSE

FOR THE PARENT

When you book, ask whether the surgery offers double appointments, so there's more time to talk about what has been happening. If she isn't ready to go, you can speak to the GP on your own first, for advice. If she's coming, ask her beforehand how she'd like it to go, and whether she wants to do most of the talking. A teenager may prefer to see the doctor on her own, with you waiting outside. If you don't feel your worry has been taken seriously, you can ask the surgery for an appointment with a different GP.