Getting ready for appointments

WYOMING family TO family HEALTH INFORMATION CENTER

Before the appointment

- **Be informed. Read about your child's health condition and track your child's daily health.**
- **Learn about the specialist/doctor you are planning to see. What is his or her speciality and how is the appointment going to help your child?**
- **Prepare questions to ask. It can be the easiest way to find an answer.**
- **Keep a positive outlook.**
- **Be an advocate. No one knows your child better than you!**

Packing list

Bring these items with you to the appointment:

- **Your Portable Medical Summary form (See *Health Records* section)**
- **A calendar to keep track of appointments, tests, or evaluations**
- **Your child's medical insurance card**
- **Additional insurance information**
- **A list of medications or the medication containers**
- **Your list of questions or notes for the doctor**
- **A pen and notebook or a tablet device to take notes**
- **Healthy snacks, books, toys, and other comforting items for your child**
- **This notebook, with infomration about your child's health and developmental milestones**

Other things to remember