

# Provider Visit Prep + Follow-Up

**For Our Children and Families - practical public-use support for moments when families need calmer next steps. Not legal advice. Start with safety first.**

Use this before pediatric, counseling, therapy, psychiatry, dental, or specialty visits when family stress may be affecting the child.

## Bring or note:

- current symptoms or concerns
- sleep changes
- appetite changes
- school or behavior changes
- medications and doses
- allergies
- next appointment date
- who receives follow-up instructions

## During the visit:

- focus on the child's current functioning
- describe what has changed
- ask what the provider wants caregivers to watch
- ask what school or childcare should know, if anything
- ask what should trigger a sooner follow-up

## After the visit:

- write down the plan in plain language
- update medication or routine sheets
- send only the needed practical update to school or childcare
- keep the provider out of adult conflict as much as possible

## Useful questions:

- What should we watch over the next two weeks?

- What part of this is urgent?
- What should school know, if anything?
- What follow-up timing makes sense?
- Is there a handout or visit summary we should keep with the child materials?