



SPECIAL NEEDS | FIELD GUIDE

Before a new medical visit

Help your child be known before the examination begins.

A note from Victoria

A rushed appointment can make everyone work harder. You do not need to recount every past visit. Bring the few details that help the clinician meet your child well.

What to do

Prepare the main concern, your child's own questions, communication preferences, sensory considerations, and current medication list. Ask what will happen first and whether a pause or explanation is possible. Invite your child to choose what they want to say or show.

Words you can use

"My child communicates best when [method]. Could you explain each step before touching them and give us a moment to respond?"

One useful step I can take today:

I could start with: Choose one accommodation to request when scheduling, not at the last minute.

The strength I see in you

You have learned how your child tells the world what they need.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

Before a new medical visit

Use this page in your own words. You can leave any part blank.

My child's own question or concern

How my child communicates best

One accommodation to request before the visit

My next manageable step

A person, service, or place I can turn to (if useful)

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.