

Tips For Talking With Your Healthcare Team:

- Have a note pad and pen with you at the hospital and for clinic visits. Have them available for quick access.
- Make a list of your questions and concerns. This way, you will not forget to ask your doctor or nurse.
- Write down anything that concerns you. Describe the situation and the medicine you used. This list will be helpful when you are asked, “How is your child doing?” For example:
 - My child had a fever last night. He was playing at the time. I gave him Tylenol and the fever went away.
 - My child throws up every morning, but he feels better after he eats breakfast.
 - My child has a bump on his leg. I noticed it a week ago but it is getting bigger.
 - My child is not eating like he used to.
- Write down what your doctor and nurse say. You can review your notes later when you have more time to absorb the information.
- Make sure you understand your child’s illness and treatment options.
Examples of questions you can ask:
 - How do you know my child has this illness?
 - How will this illness affect my child?
 - Why does my child need this testing (blood work, xray, etc...)?
 - What treatment do you recommend?
 - What are the side effects to this treatment?
 - What choices do we have?
- There are never stupid questions. Ask more questions if you don’t understand what you’ve been told about your child’s illness.
- Don’t believe everything you read on the internet. Your provider can recommend credible websites if you want to learn more about your child’s illness. You can go to the American Academy of Pediatrics website at aap.org.
- You know your child the best. You can tell how your child is feeling. This is important information for your provider.
- It is okay to call the SHINE Inpatient team at (515) 241-5750 or the SHINE Outpatient team at (515) 557-3100 if you need help talking to your doctors or nurses.

