

AUTISM & YOUR CHILD: Talking to Your Pediatrician



Use this checklist to prepare for a conversation with your pediatrician or specialist.

You are your child's best advocate. You know your child best. If you have concerns about your child's development, please speak with your pediatrician or another trusted specialist.

- Do your research and be prepared with your **list of questions**.
- State your observations and concerns clearly.** Bring videos of behaviors to show examples.
- Be persistent.**
- Bring a friend to take notes** so you can focus on the conversation.
- Indicate which **milestones you feel are not being met**.
- Be sure you understand** what you're being told.
- Ask for definitions of terms** you don't understand and how this will affect your child.
- You may be referred to more specialists; **ask questions** about what these specialists do.
- Keep a journal** of whom you talked with, including dates and topics.
- Learn about **neurodiversity** and the **culture of autism**.



Find this checklist online at: chconline.org/talking-pediatrician-about-autism

