GP Appointment Planner

For talking about attention, feelings and development

Appointment date _____ **GP** _____

Bring with you

Your What I'm Noticing Diary, or any notes you've kept. The Home and Kinder Snapshot, or a short note from her educator. Her child health record book. Any earlier reports, such as hearing, vision or speech checks. A list of family members with ADHD, autism, learning differences, anxiety or depression, if you know of any.

My three biggest concerns

1. _____
2. _____
3. _____

Questions you might ask

- Could this be ADHD, or could something else explain it, such as hearing, sleep, anxiety or development?
- Would a paediatrician or child psychiatrist be the right next step, and can you write a referral?
- How long are the waits, and should we join a public and a private list?
- Is there anything you would like checked sooner, such as sleep or hair pulling?
- What can we do at home and at kinder while we wait?

What the GP said and our next steps

_____

_____

_____

_____

_____

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After the appointment

Referred to _____

Clinic and phone _____

Date referral sent _____ **Expected wait** _____

Follow-up with GP on _____

Things to try while we wait

Anything new to tell the specialist

Support while you wait

In Victoria, your Maternal and Child Health nurse is a good person to talk to about development before school, and the MCH Line is open 24 hours on 13 22 29. If you are feeling worn down yourself, Parentline Victoria is on 13 22 89 (8 am to midnight) and Lifeline on 13 11 14 at any time. In an emergency, call 000.