



Pediatrician Visit Cheat Sheet

Basic Visit Information

- Pediatrician Name: _____
- Date of Visit: _____
- Reason for Visit: _____

Child's Current Info

- Diagnosis(es): _____
- Current Medications: _____
- Current Therapies (ABA, Speech, OT, PT, etc.): _____
- Dietary Needs or Restrictions: _____

Top Parent Concerns

(Bring these up during the visit!)

1. _____
2. _____
3. _____

Key Questions to Ask Your Pediatrician

- Are there any new therapies or interventions we should consider?
- Are there any upcoming evaluations or screenings needed?
- What medical issues should I watch for with my child's ASD?
- Are there recommended specialists (neurologist, gastroenterologist, geneticist, etc.)?
- Are there any recommended developmental milestones to focus on?
- Are there support groups or community resources you recommend?
- Should we consider any vitamin or supplement testing?
- Can you recommend a dietitian familiar with ASD-related nutrition?

New Treatments or Referrals

(Record any new ideas suggested by your doctor)

- _____
 - _____
 - _____
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Diet/Nutrition Discussion

- **Current Diet:** _____
- **Possible Changes or Recommendations:** _____
- **Supplements/Vitamins Suggested:** _____

Additional Resources Given

- **Books:** _____
 - **Websites/Support Groups:** _____
 - **Referrals to Specialists:** _____
 - **Therapy/Program Recommendations:** _____
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Follow-Up Plan

- **Next Appointment Date:** _____
 - **Labs/Screenings Scheduled:** _____
 - **Home Action Steps:** _____
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Mini Log (for tracking at home before next appointment see “Child’s behavior log”)

Date New Symptoms/Behaviors Notes/Questions for Doctor

Reminder:

- You know your child best. Never hesitate to push for additional support, referrals, or second opinions.
 - Stay organized — Bring this sheet (and any therapy data) to every pediatrician visit!
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(Print a new sheet for each pediatrician visit for consistent, empowered care!)