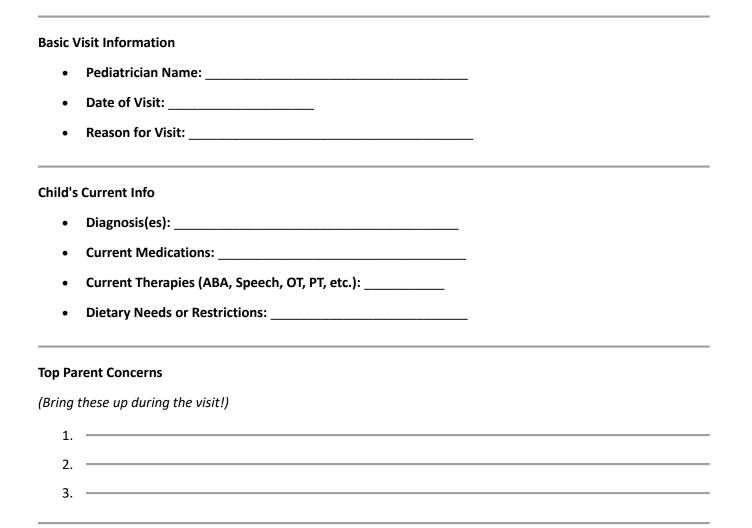


Pediatrician Visit Cheat Sheet



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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•		
t/Nutrition Disc	ussion	
Current Diet:		
• Possible Ch	anges or Recommendations:	
Supplement	ts/Vitamins Suggested:	
ditional Resourc	es Given	
Books:		
• Websites/S	upport Groups:	
Referrals to	Specialists:	
• Therapy/Pr	ogram Recommendations:	
low-Up Plan		
• Next Appoi	ntment Date:	
• Labs/Scree	nings Scheduled:	
Home Actio	on Steps:	

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!

(Print a new sheet for each pediatrician visit for consistent, empowered care!)

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