

Top tips when approaching your GP

From parents,
for parents



Mid parental height

Work out your child's mid-parental height: Mum's plus Dad's/ 2, then add 7cm for a boy or subtract 7cms for a girl.



Get your child measured regularly and plotted in their 'red book' (personal child health record). Make sure you take this to the GP appointment.



Write down all concerns to be discussed at the appointment.



Talk to your child beforehand in age appropriate language to prepare them for the appointment.

Trust your INSTINCTS

Trust your instinct and discuss where a referral to a Paediatrician or Endocrinologist is needed.



Do not be afraid to make notes and ask the GP to explain in more detail anything you do not understand.



A 'watch and wait' approach may be advised. Ensure that another appointment is made within 6 months to discuss ongoing concerns.

appointment

If you don't feel the appointment answered all of your concerns it's ok to go back to the GP and have another appointment.

If you still have concerns after visiting your GP please contact our **Support Line**:

www.childgrowthfoundation.org/support
020 8995 0257 | support@childgrowthfoundation.org

