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

Write down all concerns to be discussed at the appointment.

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.

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.