

Artificial Intelligence (AI), including tools like ChatGPT or AI-enhanced Google searches, can be useful for finding quick answers online. But when it comes to your child's health and growth, it's important to know how to use these tools safely and wisely. Here are some tips from the Child Growth Foundation (CGF) to help you get accurate, reliable information and to help avoid risks.

## Start with trusted sources first

Before turning to AI tools, check websites run by:

- The NHS at [nhs.uk](https://www.nhs.uk)
- Reputable charities like the CGF, including those who support specific conditions with detailed info
- Registered health organisations or research institutions

AI tools are not a substitute for professional advice. Use them to understand general information, not to make health decisions.

## Use specific, clear questions

The more precise your question, the more helpful the answer:

- Instead of asking 'Why is my child short?'
- Try: 'What are possible causes of short stature in children, and when should I seek medical advice?'

Avoid overly broad or vague questions, which may result in misleading answers.

## Check dates and references

AI can sometimes give outdated advice or refer to studies or guidelines that no longer apply.

Always check:

- The publication date: is it recent?
- The source: is it credible?
- Whether the advice is UK specific, especially important for medical care.

## Combine AI tools with professional support

AI can help you:

- Explore questions to ask your doctor or other healthcare professionals
- Learn about how growth conditions are managed

But your child's healthcare team is the best source for advice, diagnosis, and next steps.

## Be aware of global differences

We are a UK based charity. Some AI tools give information based on guidelines from the US or other countries. These might not reflect how the NHS works. Always check whether the advice matches UK healthcare practices. Top tip: Add **UK** to searches.

## Be aware: AI can 'sound confident' but be wrong

AI tools like ChatGPT may give answers that seem reliable but:

- They don't always use up to date or verified sources.
- They can make mistakes or 'hallucinate' (generate incorrect information).
- They can miss important context specific to your child's needs.

Always double-check any AI generated advice against professional medical sources or with your healthcare provider.

## Ask AI to list sources or trusted organisations

You can say, for example: 'Can you give me information from the NHS or a UK based charity about Growth Hormone Deficiency?'

This encourages the AI to guide you to recognised, trustworthy websites.

Top tip: You can add **-AI** to the start of searches.

## Be cautious with personal or diagnostic advice

AI is not a doctor. It cannot:

- Diagnose a condition
- Interpret test or scan results
- Recommend treatment specific to your child

If you're worried about your child's growth speak with your GP or contact the CGF.

## Talk to your child about what they read online

If your child or teen is searching for answers online, help them understand:

- Not everything they read online is true
- They can come to you or a healthcare professional with their worries
- It's OK to be curious, but it's important to get accurate support and information

## You're not alone - support is here

Our charity is here to help you with:

- Detailed resources
- Peer support
- Guidance from healthcare professionals

Please contact us or visit: [childgrowthfoundation.org](https://childgrowthfoundation.org)