

# Talking with Parents about Child Development Concerns

## Tips from the Help Me Grow Family Advisory Committee

This document was written by the parents on the Family Advisory Committee for Help Me Grow. We want to share with our children's doctors what we find helpful when medical staff talk to us about our children's development, especially when there are concerns. Our recommendations are based on our lived experiences as parents; like all parents we want the best for our children. We really appreciate your efforts to support our children's development and your partnership with Help Me Grow.



- 1.** Please be sensitive with language you use – this is my child. Remind me that a diagnosis does not change that this is still my precious child. Assure me that there is something that can be done and that progress is possible.
- 2.** I appreciate it when you are honest, direct and respectful when talking to me about my child.
- 3.** Please work with me toward a shared understanding of my child – help me understand your concerns by asking, 'Have you seen this?'
- 4.** Give me hope about my child's potential, let me know that we are partners in encouraging my child's development.
- 5.** Don't make me feel like I have a 'bad' child or that I am a 'bad' parent. Please understand that we may have cultural differences about child rearing.
- 6.** If I have concerns about my child, help me get further evaluation or more information. I want to act early if my child has a possible developmental delay. Please don't get offended if I ask for further evaluation or referral for my child.
- 7.** Your suggestions and supports are very important to me. I appreciate your help with resources, information and help with next steps.
- 8.** Be patient with me, I may not understand, agree with or be ready to hear everything that you are saying about concerns with my child's development. Honor where I am emotionally.

If you have questions or want to know more, call Help Me Grow at 1-888-510-1211.