

## What should I do while I'm waiting to see the paediatrician?

### **BEHAVIOURAL AND DEVELOPMENTAL APPOINTMENTS**

Wait times to see a paediatrician are unfortunately often very long, but there's a lot you can try to arrange before your first appointment, including various professionals you can see to get support and assessments completed if necessary. The more information you have on hand, the more you'll get out of that first appointment with us. Below are some suggestions to look into, and your GP will also likely have some additional ideas.

#### ***Pre-School Age Children***

<b>Concern</b>	<b>Suggestions</b>
Emotional regulation issues (e.g. tantrums, defiance, aggression)	Child and Family Health Nurse (contact your local health centre – your nurse can also arrange a developmental screening questionnaire if there are additional concerns) Family Care Cottage Gosford/Wyong – 4328 7901 Paediatric Occupational Therapist (private only) Paediatric Psychologist (private only)
Snoring/mouth breathing – may suggest sleep apnoea which can contribute to behavioural and developmental issues	GP review May require referral to ENT and/or sleep physician
Language delay	Hearing test (public or private) Speech Therapist (public – 4328 7999 – or private)
Fine motor skills delay	Occupational Therapist (public – 4328 7918 - or private)
Gross motor skills delay	Physiotherapist (public – 4328 7900 – or private)
Social skills	Paediatric Psychologist Speech Therapist
Fussy Eating	Dietician, Speech Therapist, Occupational Therapist
Mood issues/anxiety/trauma	Paediatric Psychologist and/or Occupational Therapist

#### **Bring to your appointment;**

- Reports from any allied health therapists or doctors you have seen
- Copies of any developmental questionnaire results (e.g. Ages and Stages)
- Results of hearing or vision testing
- Blue Book
- Reports from preschool or daycare educators (ask specifically for a letter to the paediatrician outlining their behavioural/developmental concerns)

## *School Age Children*

<b>Concern</b>	<b>Suggestions</b>
Academic difficulties	Discuss with school counsellor and consider arranging academic and cognitive (IQ) testing via them or privately (psychologist or some universities)
Suspected Attention Deficit Hyperactivity Disorder	Needs Conners questionnaires completed (our rooms can provide for \$40 for patients on our waiting list, or consider attending via school counsellor or private psychologist)
Suspected Autism Spectrum Disorder	Speech Therapy, Occupational Therapy, and Psychology reviews are all usually helpful School Counsellors may be able to administer screening questionnaires We can also offer the Social Communication Questionnaire (Autism screening questionnaire) to patients on our waiting list (\$40)
Handwriting issues	Occupational Therapy
Mood issues (anxiety or depression), trauma, etc	Paediatric psychologist HeadSpace

### **Bring to your appointment;**

- Reports from any allied health therapists or doctors you have seen
- Results of hearing or vision testing
- School reports (two most recent)
- Results of any questionnaires or assessments the child has had (or ensure your therapists/school counsellor forward them to us prior to the appointment)