



As proactive and protective as you are as a parent, it's hard to predict illnesses and accidents. However, there are things you can do to better equip yourself as the gatekeeper of your child's health.

What to Do Before you Call the Doctor

In many instances, you may be able to take care of your child's problem without having to call your pediatrician. But, if you feel professional help is necessary, there are things you can do to help your doctor decide how to best care for your child.

Have a pen & paper next to your telephone for writing instructions. Write a short description of the problem; be specific. Save time by taking your child's temperature before making the call.

Be ready to answer the following questions:

What has your child had to eat and/or drink in the last 24 hours?

How is your child's skin color? Pale? Flushed?

How is your child playing?

Is the problem getting worse?

When did the symptom(s) start?

Is your child taking any medications?

If there is pain, where is the pain?

What is your child's temperature?

How is your child sleeping?

Tips from
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