

People always ask what to bring when they see the doctor regarding their child. The short answer is, "Bring as much information as you can." This helps the physician(s) determine an accurate diagnosis.

Gather the following:

- History of the birth mother's alcohol use, if possible
- Any medical history available on the birth mother
- Photos of the birth mother and father (especially facial photos), if available
- Birth records and medical records of your child's physical exams, including documentation of your child's physical growth and development
- Medical records of surgeries that your child has undergone, and any physical rehabilitation that he or she had to do afterwards
- Medical records or personal notes of health problems such as hearing or vision problems, muscle weakness, or seizures
- Medical records or personal notes about potential central nervous system problems; for example, odd logic, unexplainable outbursts, inability to concentrate or stay on task, developmental delays, and other daily behaviors you've observed
- Results of neuropsychological tests or school assessments, especially those that assess nonverbal skills
- School records that document academic progress and problems; also IEPs (Individualized Education Plans), if the child is an appropriate age for this and has one
- Facial photos of your child, ideally from birth through present (need neutral expression, not smiling)
- Other _____
