

Doctor Discussion Guide

Questions to Ask Your Child's Pediatrician



If you are a parent of a child nearing the teenage years, you may feel like you're entering uncharted territory. Between the ages of 10 and 12, young people go through myriad changes, both physically and mentally, that can test them and their parents in ways they have not experienced yet. To help you navigate this time and the challenges that come with it, here are some questions to lead you in a productive and helpful conversation with your child's pediatrician about everything from exercise to screen time and sleeping habits.

How do I know if my child is getting enough exercise, and is there a certain amount of activity they should get per day?

What kinds of foods and eating habits are best for my child at this age?

What are the ideal sleep environment and the recommended amount of sleep for my child?

What are the warning signs that my child is being bullied or needs to speak to a counselor about how they are feeling?

What is too much screen time for my child, and how can I limit it in a healthy way?

How can I support my child while they are developing mentally, socially, and sexually at this age?

How do you feel your child is doing in each of these areas?

Rate from 1 (poorly) to 5 (really well)



SLEEP



EXERCISE



SOCIAL
BEHAVIOR



MENTAL
HEALTH



DIET