



Doctor Visit Checklist for Speech Delay



Prepare for your pediatrician or speech-language pathologist appointment

- Write down any concerns or questions about your child's speech and language development
- List milestones not met (age-specific Speech Milestone Tracker at smartkidsguide.com)
- Gather relevant medical and family history (e.g., ear infections, speech-language delays in the family)
- Bring a list of regular caregivers (parents, grandparents, daycare, etc.)

Checklist for Visit

- Describe specific concerns and give examples of your child's speech and language.
- Discuss any missed milestones from the tracker.
- Share relevant medical history, including hearing tests and family background.
- Mention any screen time habits (e.g., amount, devices used).
- Talk about your child's social interactions and behaviors (responses to parents/siblings, eye contact, gestures).
- Ask the doctor what is typical for their age and when to worry about speech delay.
- Discuss possible causes of speech delay (e.g., hearing loss, autism, oral-motor issues).
- Ask for a referral for speech-language evaluation or therapy if needed.

 Remember to request and keep any notes or recommendations from the visit for future

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How Parents Should Use This Doctor Visit Checklist

This checklist is designed to help parents feel prepared, confident, and organized before meeting a pediatrician or speech-language pathologist.

Here's how to use it effectively:

✔ Step 1: Fill it out before the appointment (not during)

**Take 5–10 minutes at home to go through the checklist calmly.
Write down:**

Your concerns

Examples of your child's speech

Any missed milestones

Questions you want to ask

This ensures you don't forget important details during the visit.

✔ Step 2: Observe your child for 1–2 days before the visit

Pay attention to:

How your child communicates needs

Words they use (if any)

Eye contact, gestures, and interaction

Screen time habits

This helps you give real examples, which doctors value more than general descriptions.

✔ Step 3: Bring the checklist with you

**Either print it or keep it on your phone.
During the appointment, use it as a guide to:**

Explain your concerns clearly

Answer the doctor's questions confidently

Make sure nothing important is forgotten



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✔ Step 4: Take notes during the visit

There is a reminder at the bottom of the checklist to:

Write down recommendations, tests, or referrals.

These notes will be very helpful later.

✔ Step 5: Use it again after the visit

After the appointment:

Compare the doctor's advice with your notes

Follow the recommendations

Keep it for future visits if needed

💡 Why This Checklist Helps So Much

Many parents feel nervous during medical visits and forget what they wanted to say.

This tool turns the visit into a structured, productive conversation focused on your child's development.

💛 A Reassuring Note for Parents

You are not expected to diagnose anything.

Your role is simply to observe, describe, and ask questions.

This checklist helps you do exactly that.



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