



Medical History Tool: A User Guide for Caregivers

Sometimes, it's tough to keep telling doctors and therapists about your child's health, whether it's their body or their feelings. It can be especially hard when you have to talk about personal stuff in front of your child, things that might make them feel uneasy.

This **tool** can make it easier. It was made by parents and caregivers who have been to the doctor a lot with their kids. It helps you talk to new doctors without having to say the same things over and over again.

Here are **2 steps** on how to use the tool and **examples** to help you:

1

Fill out the tool

- Print it out and fill it in with a pen or pencil, or save it on your phone or laptop and fill it out digitally.
- Look at the tips section to know what info to include.
- Customize the tool however you like.
- Add or remove parts and write what you need for your healthcare provider.
- Delete saved copies on public devices and dispose of extra paper copies.

2

Bring the tool to appointments with healthcare providers

- Print it out and fill it in with a pen or pencil, or save it on your phone or laptop and fill it out digitally.
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- Customize the tool however you like.
- Add or remove parts and write what you need for your healthcare provider.
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TIPS: You can add important information about your child like ...

- Their name and what they like to be called
- Their gender and pronouns (like they/them, she/her, he/him)
- Their date of birth
- The language they speak best
- Allergies and corresponding reactions
- Their health conditions and diagnosis (include diagnosis date, symptoms, and treatment details like medication)
- Any important medical events (like surgeries or times they stayed in the hospital)
- A few things that could help the doctor connect with them or treat them better (like what they enjoy or something they are good at or things that make them upset and/or scared).
- If it's easy or hard for you to make appointments (like going to the doctor's office)
- Contacts of people who take care of your child (like therapists or doctors)
- Contacts of people who make decisions with your child (like a parent or guardian)
- Things about their family or guardian dynamics (like who they live with)
- Try to keep it short and use full terms instead of acronyms for clarity (like "Attention Deficit Disorder" instead of "ADD")

By completing this medical history tool, you may be putting down your/your child/youth's personal information and potentially personal health information. Kids Come First is not responsible for any information shared externally outside of this purpose. You are responsible for saving and transmitting this information securely.