



When your child is not feeling well, they may have a hard time explaining what's wrong, especially while at the doctor's office. Talk to your child ahead of time about what exactly is bothering them. You may find it helpful to have them use the drawing below to indicate where their discomfort is coming from.

Where is the pain/discomfort? Mark the drawing with an X.

	Symptom 1	Symptom 3	Symptom 3
What is the symptom?			
When did it start?			
How severe is the pain? (1-10, 1 being no pain)			
Is the pain/discomfort constant or does it come and go?			
What makes it better or worse? (Ex: exercise, eating, time of day)			
How have you treated the symptoms? (Ex: Tylenol, other doctor)			
How has this affected your child's routine? (Ex: missing school, not eating, not playing)			