Sample Meeting Preparation Form

To help you feel more prepared, here is a **Sample Meeting Preparation Form** that you can use to gather your thoughts and important details before your next appointment:

Question	Your Notes
Does your child have a current diagnosis?	
Are they any Health or other professionals involved?	Name Job role
List all prescribed medication:	Name Dosage How often
Any allergies?	
Any hospital visits since they were born?	Date Reason
Do you think they have reached some or all of their developmental milestones?	

Question	Your Notes
Any problems during the pregnancy or birth?	
What is their general health like? Are they often unwell?	
Any accidents or injuries recently?	
Any significant events in their life – e.g. death of a family member, death of a family pet, moving house or school etc.	
Do they generally eat well?	
Do they have any sleep difficulties?	
Do you have any current concerns about their behaviour?	
Do you have any other concerns?	
Any other things you want to mention?	