



Preparing a Child for a Health or Dental Visit After Trauma

Use this before a medical, dental or other health appointment when a child may be anxious about touch, privacy, unfamiliar adults or loss of control. Share only the information the provider needs to make the visit safer.

Child / youth

Appointment

Provider / clinic

Caregiver

What the provider should know

- ☐ The child becomes anxious when adults move quickly or touch without warning.
- ☐ The child needs procedures explained before they happen.
- ☐ The child may need extra processing time.
- ☐ A caregiver or trusted adult should stay nearby when appropriate.
- ☐ There are particular words, topics, sounds or situations that can be triggering.
- ☐ The child has communication, sensory or disability needs that affect the visit.



Health Visit: Choices, Questions & Follow-up

Choices the child can realistically have

- ☐ Where to sit
- ☐ Whether the caregiver stays close
- ☐ Which arm / side is used when clinically appropriate
- ☐ Whether to pause before the next step
- ☐ Whether information is explained directly to the child, caregiver, or both
- ☐ A comfort object, music or other calming support when allowed

Questions to ask the provider

What helped / what should change next time