

# HOW TO HELP YOUR CHILD AVOID MISDIAGNOSIS



**YOUR VOICE AS THE PARENT MATTERS MORE THAN YOU REALIZE**

## WHAT DOES MISDIAGNOSED MEAN?

- Being given the wrong explanation for symptoms
- A serious condition labeled as minor
- A diagnosis that is completely missed
- When a child's behavior is blamed instead of the real medical issue

## WHAT ARE THE DRIVERS OF MISDIAGNOSES IN CHILDREN?

- **Difficulty describing symptoms** — children may not point to the exact location of pain or clearly explain what they feel
- **Short appointments** — limited time can lead to quick assumptions or rushed evaluations
- **Bias in the system** — children can be labeled as anxious or behavioral rather than being properly assessed
- **Limited pediatric-specific training** — signs, symptoms, and diseases can differ from adults, and providers may not always recognize them

## WHY IS THIS IMPORTANT?

A misdiagnosis can lead to:

- Delayed treatment
- Incorrect treatment
- Increased pain or worsening symptoms
- Preventable emergency situations
- Months of frustration and confusion



# YOUR CHILD'S CARE CHECKLIST

Checklist	Notes
<b>Always Speak Up – Use Phrases Such As:</b> This is not normal for my child I need a deeper evaluation This does not match what I see at home	
<b>Keep Notes</b> When did symptoms start? What makes your child feel better or worse? Are there any changes in behavior? Are there any patterns?	
<b>Ask Specific Questions</b> What else could this be? Are there tests to rule out other things? When should I come back if things don't improve?	
<b>Ask for a Second Opinion</b> Good clinicians will always support seeking another opinion	

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