

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

Notes:
