

Helping kids make *health decisions*

Children can learn how to be a part of their own health care. This can start when children are young, but it's never too late. Here are some ways to empower them to make medical decisions.

From ages 5 to 10 years old, kids can talk with the doctor at their appointments.

Your child's doctor should talk to your child when it's appropriate. They can use language the child will understand.



Ask your child if they want you in the room during appointments. Encourage them to ask the doctor questions about their health.



Once your child is 11 years old, let them do most of the talking at the doctor's office.

Teach your teen how to schedule a doctor's appointment and call for a medication refill. These are skills they will need when they leave home.



Teenagers can take the lead in their doctor appointments. Talk with them about their health conditions and medications so they can discuss them with their doctor.



Source: National Institutes of Health