

Video and Telephone Visit Consultation Tip Sheet

Here are some of the things you can do to which may provide us with some additional information and support your virtual consultation, if you feel comfortable doing so:

1. Please have a list of your child's medication ready for the consultation.
2. Note where and when they last had their blood tests (if applicable) and have results (if available).
3. Think about their symptoms – what have been your child's symptoms in the last 7 days? Has anything changed/improved or declined since your last visit?
4. Weigh them if you have home scales – please remove shoes and wear light clothes. We are encouraging parents to measure their child's height and weight at home. For the majority of children, with a little care, we believe this can be done quite accurately by parents or carers. Growth is a very important measure of a child's health. Here's how to do it.

How to measure your child's Height and Weight at home accurately

HEIGHT: Equipment needed: tape measure or ruler, a pencil, a light weight cardboard box such as a cereal box or even a small book.

1. Take your child's shoes off [really important!!!, no cheating].
2. Get them to stand up really straight with their back against a wall or door.
3. Check the back and knees are nice and straight.
4. Ask them to look straight ahead, not up or down.
5. Check they are still straight and not on tippy-toes!! [no cheating again!!].
6. Put cereal box or book on their head with the short side against the wall/door.



7. Mark the wall at the bottom of the box in pencil; this should line up with the top of their head.
8. Measure from the mark to the floor in cm's and to the nearest millimetre.
9. Ideally repeat it to make sure it is correct, especially if your child was a bit wiggly or uncooperative.
10. If there is more than 1 cm difference in height measure for a 3rd time to check

Let us have the 2 or 3 measurements when we are in contact and the date you took the measurement.

WEIGHT: Many families will have some domestic scales. Your child should be weighed in kilograms without shoes or heavy clothing. For little ones, first weigh yourself in kilograms and then do it again holding your child. Subtract one from the other for your child's weight.