

Key Tips for Communicating with/Examining Children

Major points

- Keep using their name!
- Make it a game (e.g. in abdominal exam, pretend you are doing it to guess what they had for breakfast and keep naming cereals)
- Keep interacting and asking questions (e.g. so Billy, are you missing school today? What lesion would you be in? What's your favourite subject? So is that what you want to do when you're older than Billy? ...)

Other tips

- If child is crying, let them calm down and see you talking to parents/ siblings
- Involve child wherever possible
- Even babies like to hear reassuring voice
- Befriend child before examining
- Get at their level
- Distract with toys
- Can pretend to listen with stethoscope on mum's knee and then child's arm to reassure them, or examine teddy
- Use parents to distract them!
- Use simple words eg. hurt sore funny brave
- Undress in stages
- Sometimes you just need to persevere
- Reward child & praise them lots
- If noisy, try using toys or bottles etc
- Keep checking they're OK
- Warm your hands before touching them