

Child Protection Team Visit: What you need to know

A visit to the Child Protection Team Clinic may cause anxiety for the parents and child. This information sheet will tell you about what to expect during your visit and how you can help prepare your child. Our goal is to provide the best care to you and your child.

What can I expect at the visit?

- It can be helpful to bring a family member or support person with you to clinic.
- The medical assistant will weigh and measure your child and take vital signs.
- A Therapeutic Recreation/Child Life Specialist will be there to prepare you and your child for the visit.
- The child will play in a separate room with the Child Life Specialist while we ask the caregiver questions about the medical history of your child. We may ask brief questions of your child if additional history is needed.
- After we obtain medical history, a full, head-to-toe exam is performed. Your child will be asked to remove their clothes and put on a medical gown. The medical provider will leave the room, allowing your child to change in private. The medical exam will occur with a medical chaperone present.
- The physical exam is not painful. The genital exam may include a special camera that allows the provider to see the area more clearly. The genital examination will require touching of the outside part of the genital area and will not typically involve putting anything into the genitals.

How can I prepare my child?

- Be honest– use simple language about what will happen (“You are going to the doctor to make sure you are healthy from your head to your toes”). We suggest you tell your child calmly and supportively the visit is to make sure they are healthy after what happened to them. Reassure your child that the exam won’t hurt.
- Listen to your child – respond to questions in a way that provides support. Let your child know that they can ask questions during the visit.
- Praise your child – choose something your child did well during the visit and praise your child for this. Focus on good behaviors (“I like the way you told me what you needed. “You did a great job during the checkup!”).
- Stay calm – your child will respond to your reactions. If you are calm, your child will be more likely to stay calm. Help your child to express feelings and fears.

After the visit

- Allow your child the opportunity to say something about the visit or ask questions.
- Plan a special event for when the visit is over such as lunch, a special dinner or a special book at bedtime.
- If you have any questions, please call the Child Protection Team at (720) 777-6919.

**If you need childcare for siblings during the clinic visit, please call our Creative Play Center at 720-777-6999.*

