



Children and young people in care have thought about their top tips for doctors and health care professionals working with them

1. Make your clinic a nice place to come with comfy chairs, charger points, headphones available, separate areas for children and teenagers. This helps to keep us calm and happy before we see you
2. Wear clothes that make us feel relaxed - you can tell us a joke too and remember to smile lots!
3. Have feeling posters, iPads, emoji cards, space and time for us to draw in your clinic to help us to share how we feel
4. Get to know what we like to do, what our hopes are and about us
5. Use language we can understand, not technical or medical words
6. Sometimes we are not always happy and don't know how to talk about it when you ask or when there isn't a lot of time to explain
7. Try not to ask us too many questions as we can think you have forgotten what we have said before. We need time to ask you questions too
8. We want to learn about how to get a lot of sleep, how to eat well, how to be more active, how to look after ourselves and how to talk about our sad feelings
9. We might be worrying about things that makes us have pain you can't find. Ask us what else is going on, don't say there isn't anything wrong with us
10. Tell us things that help us to stay calm like links to kids yoga on YouTube, how to breathe to be calm, where we can get help



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young people and families