



21 Top Tips for paediatricians and healthcare workers

& Us[®] had over 400 children, young people and family members comment on what makes the best doctor or health worker possible. These have been reviewed by our & Us[®] team with their top 21 tips below!

1. "Ask for your permission, not just your parents" Pontyclun
2. "The best doctors is someone who can change your feelings of health education and can help you in the worst days possible" Pontyclun
3. "Look at all of me not just what hurts" Belfast
4. "Learn about all issues relevant to the children and young peoples life (school, work, university, physical, mental health, friends, family)" Holborn
5. "Have training on mental health and disabilities" Birmingham
6. "Be informed about national support services and local services for signposting" Buckingham
7. "Have conversations that aren't always medical e.g. how's school?" Belfast
8. "Be good with psychological / mental health as well as physical health" Bristol
9. "Understand about body language "what we are not saying" Bristol
10. "Make sure there is good eye contact at all times" Bedford
11. "Be welcoming, positive, reliable, kind, respectful, humorous and trustworthy" Hackney
12. "Be interactive – don't just talk and not let the children speak and spend less time on the computer [in appointments]" Glasgow
13. "A little goes a long way – please learn how to fingerspell and basic BSL signs" Bedford
14. "It would be good to have books in it with pictures in it that tell you [with disabilities] what will be happening, what you need to do" Glasgow
15. "When the doctor smiles" Liverpool
16. "Adapt to children's language, use words that everyone can understand, break it down slowly" Hackney
17. "Be happy to be questioned and have the emotional intelligence to answer them with patience and humility" Birmingham
18. "We want our voices and choice to make a difference" Pontyclun
19. "Empower young people as patients to speak up" Glasgow
20. "Remember it is my body my choice my voice" Bedford
21. "Approach transition holistically (social, emotional, geographical if you move to university)" Holborn

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