

# When the Doctor Says “Let’s Wait and See...”

## How to Keep the Conversation Going, For Parents and Carers

It can feel discouraging when you bring up a concern and the response is “let’s wait and see.” Here are some scripts and phrases to help you keep the doctor engaged, while making sure your young person’s needs are heard.

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### 1. Acknowledge and Reframe

“I understand you want to wait, but this is already affecting their [sleep / school / friendships]. What support can we start now, even while we monitor?”

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### 2. Share Your Evidence

“I’ve been keeping notes of when this happens. Can I share the patterns with you? I’m worried waiting could let things get worse.”

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### 3. Ask for a Timeline

“When you say ‘wait,’ what timeframe do you mean? Could we agree on a review date today?”

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### 4. Explore Alternatives

“While we’re waiting, are there any tests, referrals, or strategies we could try in the meantime?”

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### 5. Focus on Impact

“This might look mild here, but at home/school it’s having a big impact. How can we address that impact now?”

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## 6. Keep It Collaborative

“I value your expertise. What information would help you feel confident about whether this needs action sooner?”

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### Extra Phrases to Keep Handy

- “What would be the harm in checking this now?”
  - “What signs should I watch for that mean we shouldn’t wait?”
  - “Is there another professional we can involve while we wait?”
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**Tip:** Write down your questions before the appointment, and bring notes or school reports to back up what you’re seeing.

**Thank you for learning about the community,**

