



Northwestern Medical Center Pediatric Developmental Clinic

If your child has been referred, we are excited to meet with you and your child. Here is some general information about what to expect with your upcoming appointment.

Prior to your visit:

- Complete release of information allows our team to obtain information to help understand your child best. We may seek information from your child's daycare, preschool, school, and/or therapy service provider(s).
- Prepare any questions/concerns that you have for our team. The team will have reviewed the referral, and any information shared by care team.
- Notify our team of any dietary restrictions or allergies. There will be a snack provided during the assessment.
- To help our team observe the most accurate view of your child on the day of the assessment:
 - The day prior to the assessment should be a typical day for your child.
 - Avoiding big routine changes such as sleepovers or traveling.
 - Try to have your child get a typical night's sleep. We know that some children struggle with sleep typically. If this is an area of concern for your child, we would like to know about it on the day of your visit.

The day of your visit:

- Have your child eat a typical breakfast and/or lunch prior to the appointment.
- In an easily accessible bag please bring any special snacks, toys, comfort items that your child might like to have.
- There will be a snack provided during the assessment, please let us know if there are any dietary restrictions or allergies.

What to expect the day of your visit:

- Clinic location:
 - Cobblestone Health Commons at Northwestern Medical Center 133 Fairfield Street St. Albans, VT
 - Find info about our locations and our Campus Map [here on the NMC website.](#)
- For younger children not yet in the school system (possibly under 5yr old) the visit will take about ~ 4 hours:**
 - The visit will consist of an interview with you to review your child's history, areas of concern, and a general idea of how your child is doing. Along with a general physical exam like your pediatrician visits and observation of informal play and interactions. Younger children will also complete an ADOS-2 assessment. This is a play-based evaluation in which we are observing how your child interacts during certain situations. You will remain with your child during the assessment, and we will walk you through what we are doing.
- For older children in the school system (possibly 5yrs old and up) the visit will take about ~8 hours:**
 - The visit will consist of an interview with you to review your child's history, areas of concern, and a general idea of how your child is doing. Along with a general physical exam like your pediatrician visits and observation of informal play and interactions. The visit will include ~2 hours for a cognitive evaluation, a 1-hour Occupational Therapy Evaluation and a 1-hour Speech Evaluation. Breaks are built into the day, and we do break for lunch from 12:00-1:00pm.



After your visit:

- The assessments will be scored, and you will be scheduled for a follow-up in person or virtual meeting to review these results and recommendations.
- The team might request additional information from you or other care team members.

If you need to reach our clinic at any time during this process, or if you need to speak with someone on the same day as your scheduled appointment, please feel free to call us at 802-752-1992. You can also reach out to your child's primary care provider with questions/concerns as well.

We look forward to meeting you and your child.