Coming to Spinal Clinic
Hints & Tips

If your child has an appointment at the spinal clinic, there are lots of ways you can help make the experience better. Here are some suggestions developed with the help of parents of children with scoliosis.
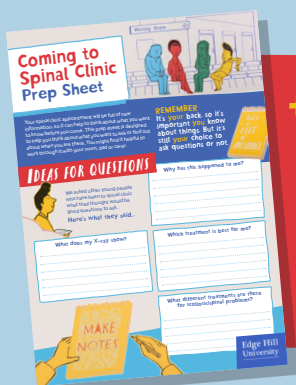
BEFOREHAND

+ Waiting to come to clinic can feel like an emotional rollercoaster – you might feel worried, relieved, surprised, or guilty. Your child may also be worried and have questions about coming to clinic.

+ Give your child time to talk about their feelings, and give yourself time to talk with someone supportive about yours.

+ Don't just use Google if you're searching for information online. Look on the NHS or spinal charity websites – and help your child search safely if they want to.

+ Download the **Coming to Spinal Clinic: Prep Sheet** to help you get ready for clinic and think of key things you want to ask
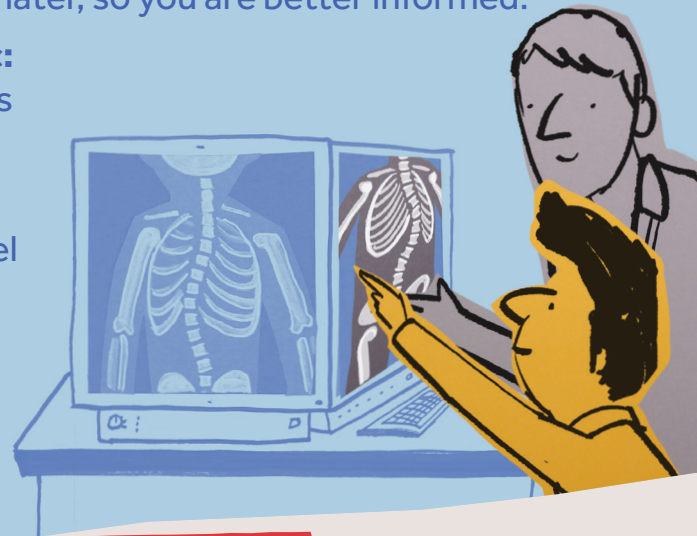
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ON THE DAY

+ Your child will probably have an X-ray and photos taken of their back, so avoid metal and restrictive clothes (girls may want to wear a sports bra).

+ Some parents say they are surprised to see the extent of the curve of their child's spine on the X-ray.

+ It can be hard taking in all the information in clinic.

+ Don't be afraid to ask! It's better to raise questions sooner rather than later, so you are better informed.

+ Remember to bring your **Coming to Spinal Clinic: Prep Sheet** to help ask questions and make notes about what's discussed.

+ Young people often say it's hard to join in conversations in clinic, but it's important they feel they can ask their own questions.

+ Before you leave, make sure you understand:
  • What's been discussed
  • What happens next
  • Where to find more information.

SHARE YOUR FEELINGS

AFTERWARDS

+ You and your child may feel pleased, worried or upset. Talking about what happened at clinic and your feelings definitely helps.

+ Having good information from leaflets or websites may make chatting easier.

+ If you're not sure about anything, just get in touch with your spinal team.

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