



How to Prepare Your Child/Teen for their Appointment at CIMAID

Oftentimes with Problematic Interactive Media Use, children and teens do not see their media use as a problem, and therefore do not think it is necessary for them to come in to the clinic. In some cases, children and teens may outright refuse to attend.

Many children and teens worry that they will have their device taken away, either by the doctor or by their parents. Reassure your child/teen that media are not the problem, and that everyone involved will work together to create healthy guidelines around media use.

How Can I Help my Child/Teen?

- 1. Talk about why you're going.** Give your child/teen as much advance notice as possible, so that the appointment does not come as a surprise. When explaining why you made the appointment, be sure to talk about the doctor in a positive way, and that the goal is to get a professional's opinion about your child's media use.
- 2. Talk about any negative feelings.** Explain that going to see a doctor for their media use is not a punishment. Help your child/teen understand that media use is a part of everyday life, so it is important to understand how media can positively and negatively affect how your child/teen thinks, acts, learns, and grows.
- 3. Ask them to get involved.** Ask your child/teen ahead of the appointment to think of questions to ask the doctor. Emphasize that they can play an active role in their own health and well-being.

