

Suggestions to Parents Regarding Controversial Therapies

Parents: Questions to Ask Yourself Regarding Specific Treatments

- ☐ What characteristic symptoms am I trying to target? Does the treatment that I am considering target these symptoms.
- ☐ Are there any harmful side effects associated with this treatment?
- ☐ What positive effects of treatment would I hope to see?
- ☐ What short-term and long-term effects might I see with this treatment?
- ☐ Can this treatment be integrated into my child's current program?
- ☐ What is the cost of the treatment?
- ☐ Will my insurance company pay for the treatment?
- ☐ How much time does the treatment take? Can I realistically devote the time required to the treatment?
- ☐ Has this treatment been validated scientifically?
- ☐ Have I researched the treatment?
- ☐ Was I able to interview other parents and professionals about the treatment? If so, list stated pros, cons and other areas of interest.
- ☐ Do proponents of the treatment claim that this procedure can help nearly everyone? If so, this should be seen as a "red flag"...slow down and be more careful than ever in your consideration of this technique.
- ☐ What do my pediatrician and other professionals involved with my child think about the treatments appropriateness?

Adapted from Robert Nickel, Controversial Therapies, Infants and Young Children Vol.8, No. 4, April 1996.