

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.