

Family Health History Checklist: Your Child

- ❑ Record the names of your child's close relatives from both sides of the family: parents, siblings, grandparents, aunts, uncles, nieces, and nephews. Include conditions each relative has or had, and at what age the conditions were first diagnosed.
- ❑ Use the US Surgeon General's online tool for collecting family histories, called "[My Family Health Portrait](#)."
- ❑ Discuss family health history concerns with your child's doctor. Gather family history information before seeing the doctor. Even if you don't know all of your child's family health history information, share what you do know with your doctor. Fill out family history forms carefully. Families that might have another child should share family health history information with the mother's doctor.
- ❑ Update your child's family health history regularly and share new information with your child's doctor. Check with relatives between your child's visits with a doctor to see if they have any newly diagnosed conditions.

For more information, visit <https://www.cdc.gov/genomics/famhistory/index.htm>