

## My Visit to the Doctor

I will go to the doctor's office today.

I will follow directions. I will stay calm and be safe. I will tell someone if I need or want anything.



First, I check in at the front desk.

I will stay near my adult. I will stay calm. I will keep my voice low.



Next, I will wait in the waiting room for my name to be called.

I look at books while I wait. I will stay calm and safe in the waiting room.



Then, my name will be called and I will walk with my adult through the door.



## My Visit to the Doctor

Then, I will stand on a machine to see how big I am.



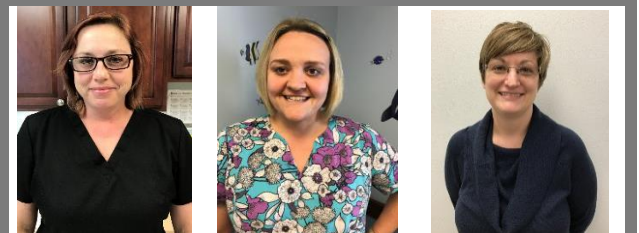
Next, I will stand against the wall to see how tall I am.

Can stand still and keep my body in one place.

I will walk to a room and sit on the bench covered in paper.



The doctor and a nurse will come in.



They will ask questions and listen to my body to see how I am feeling.

I can tell them if I need a break.  
I can play with some toys to stay calm.



I will go to another room with a

## My Visit to the Doctor

I will play at the table with the doctor.

I will stay in the room.



When I am finished, I get to get a prize or a sticker!



Now, I check out.

I am all done!

I leave the building with my adult. I will stay with them in the parking lot.

