

Getting a Shot at 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 can look at books, watch TV, or play with toys while I wait. I will stay calm and safe in the waiting room.



Then, the nurse will call my name, and I will walk with my adult through the door.



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



Then, the nurse will check my body and ask questions to see how I am feeling. The nurse might use these special tools. They do not hurt. I am safe.



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



Next, the doctor will come in. She will ask my adult questions and check my body to make sure I am healthy.



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After the doctor has finished, a nurse will come in to give me a shot. The nurse will ask me to sit on the table. I can sit very still.



Next, the nurse will wipe my skin with a wet cloth to clean where I will get my shot.



The nurse will show me the needle. It is ok if I feel scared. I can stay calm. I am safe. I can hold my adult's hand if I need to.



After that, the nurse will give me a shot. It will hurt a little bit, but it doesn't hurt very long.



The nurse will put a band-aid over where I got the shot.



I did a good job when I got my shot!

Now, I check out.

I am all done!
I leave the building with my adult. I will stay with my adult in the parking lot.

