

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.



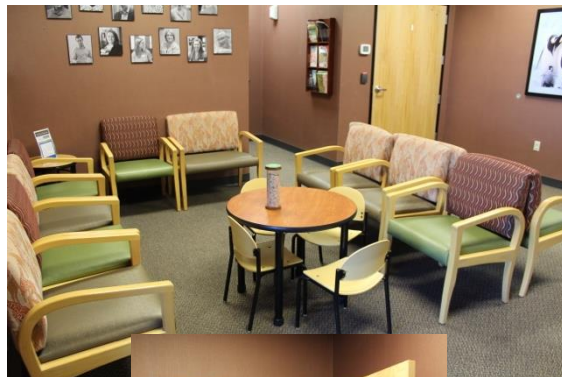
First, I check in at the front desk.

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

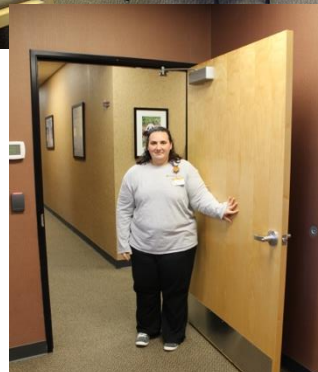


Next, I will wait in the waiting room for my name to be called.

I can 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.



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.

I will stand still and keep my body in one place.



Next, I will have an X-Ray. I will get to go to the room with animals painted on the wall!

An X-Ray is a special picture inside of my body. Just like when I have my picture taken, during an X-Ray I can't feel it.



The doctor will tell me where I need to go so they can get a picture of the inside of my body.

The doctor might ask me to sit or lie down on the bench.

The doctor might ask me to stand on a special machine.

The doctor might ask me to sit by a special machine.



The doctor might ask my adult to wear a special x-ray room outfit.

The doctor might ask me to wear a special x-ray room outfit. It might feel heavy but it will not hurt.

My adult gets to stay in the room with me.



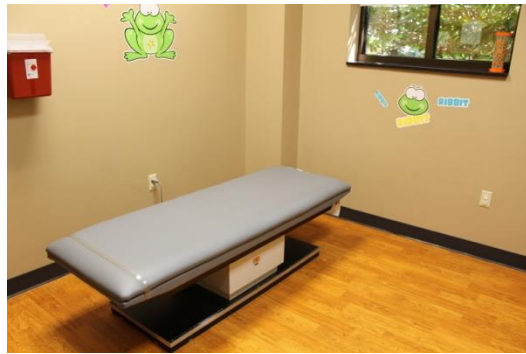
Then, I will stay still and follow directions while they take the picture.

The X-Ray machine might make clicking and humming noises while it takes the picture.

When I am all done the doctor will look at the picture to help me feel better!



Next, I will walk to a room and sit on the bench.



The nurse will come in and ask questions and listen to my body to see how I am feeling.

The nurse will tell me if I need to wear a gown.

Then the doctor will come in and ask more questions. The doctor might ask me to show how I walk or run.

I will be safe and listen to the doctor.



When I am finished, I get to pick out a sticker from the treasure chest!



Now, I check out. My adult will talk to the person at the desk.

I am all done!

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

