

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.

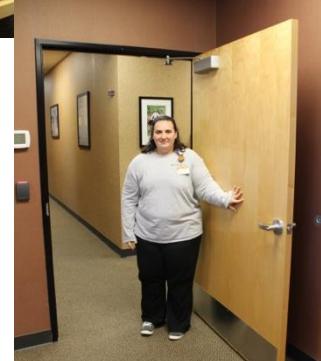


Next, I will wait in the waiting room for my name to be called.

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, if I need to get a cast put on or have a cast taken off, I will go to the Mario Kart room.

A cast keeps my body safe while it heals.



If I need to have an old cast taken off, the doctor will use the tickle machine!

The tickle machine makes noise and vibrates, but it will not hurt me.



To give me a new cast, the doctor will start by putting a sleeve on.



Next, the doctor will wrap the sleeve with white material.



Then, the doctor will add a color.
I get to pick what color I want!



After the color is put on the cast,
I am done!



I get to pick a prize out of a
treasure chest!



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

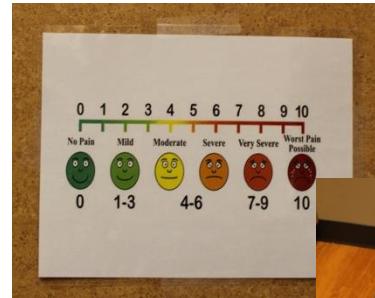


The nurse will come in and ask questions and listen to my body to see how I am feeling.

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.

