



# My Doctor Visit Today

By S.B. McMillan, M.S.,C.C.C.



## Dear Parents,

The doctor and staff are dedicated to your child receiving the best medical care possible. In our effort to reduce the stress you and your child might feel and to make your appointment as successful as possible, we encourage you to read this book with your child while you wait. Research has shown that consistent use of visual supports can facilitate your child's ability to successfully complete tasks. The use of social stories and/or visual schedules, can be incorporated into your daily activities and thus provide your child with the much needed visual order, predictability and sequence of these daily tasks.

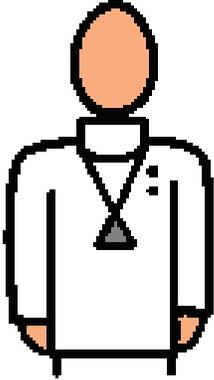
-Your Medical Staff

Example of a Visual Support for Daily Morning Events:



For more information regarding how to best help a child or adult with Autism Spectrum Disorders, please call the **Center for Autism & Related Disabilities** at the University of South Florida at 813-974-2532

doctor



I am visiting the doctor today.

nurse



I will see many people on my visit.

Everyone wants to help me grow up to be healthy and strong!

First, I will let the nurse and doctor know I am here.

I will see some new friends in the waiting room.

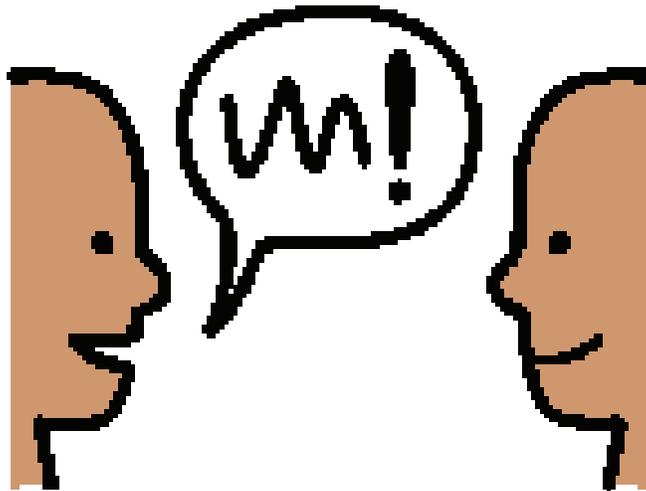
play



I can play with the toys or look at books.

Then, someone will call my name and  
it will be my turn to go into a small room.  
I might have to wait for a few minutes  
before the doctor comes to my room.  
I will wait patiently.

talk



When the doctor or nurse  
comes into my room,  
they will talk with my mom or dad.

The doctor will listen to my heart by putting a stethoscope on my chest. I will need to be quiet so the doctor can hear my heart go thump-thump.



The doctor might also look into my eyes and ears with a small flashlight. The doctor might ask me to open my mouth and try to say "ahhh".

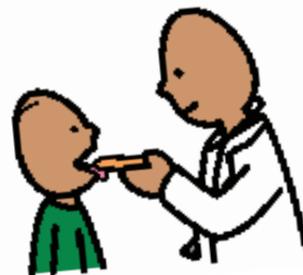
look into eyes



look into ear



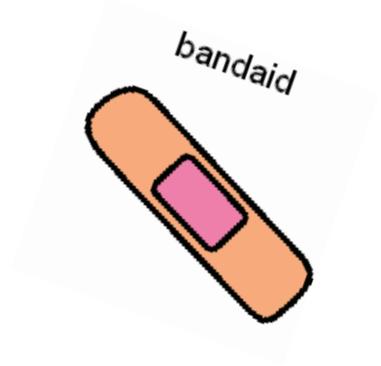
look in my mouth



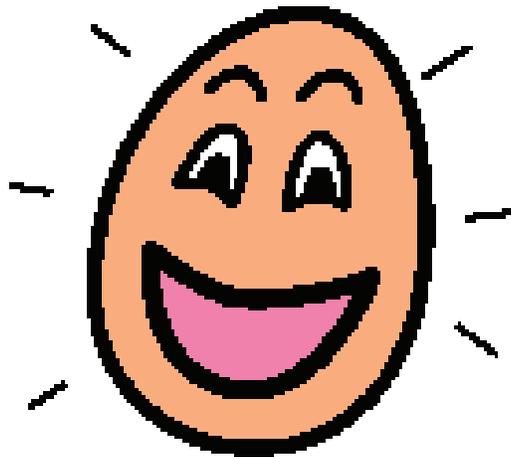
I will try my best!

The doctor might gently feel my neck and my belly. I will try to be very still!

I might get a shot today.  
If I do, the doctor or nurse will rub my arm.  
Then , I will get my shot.  
When it's done, I will have a bandaid on my arm.  
It will be quick.



I will be brave!



My doctor visit is  
**ALL DONE!**