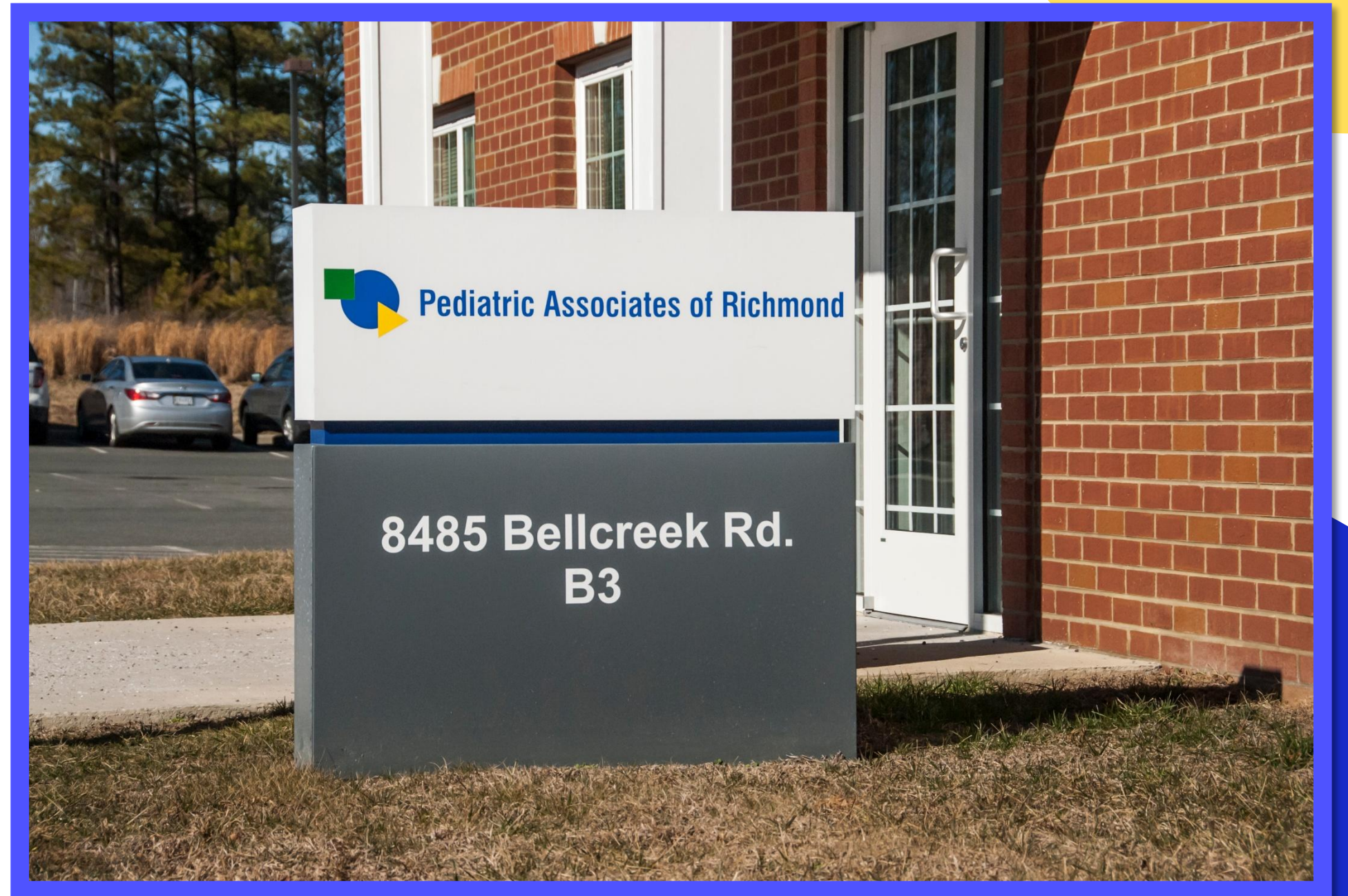




PEDIATRIC
ASSOCIATES
OF RICHMOND

Doctor's Visit

Bell Creek



Sometimes, I need to go to the doctor.

Doctors help me stay healthy and feel better when I am sick or hurt.



**Before I go, a grown-up
might tell me what to expect.
I may go to a big building called
a clinic or office.
We might drive there in a car.**





When I get there, we will check in at the front desk.

Someone at the desk may ask for my name and ask me questions.

Then I will sit in the waiting room or in the car. I can play with a toy, or book, while I wait. I can ask for headphones if it is too loud.

I can also look at the fish tank while I wait.

I will not tap on the tank glass or put my hands in the water.



A nurse will call my name.

**I will walk to the back with
my grown-up.**

**The nurse may check my
height and weight.**

**The nurse will then take me
to an exam room.**



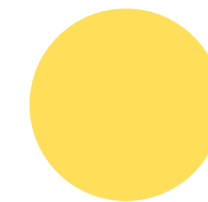
Then, I will wait for the doctor.

The doctor will come in and say hello.

They might ask questions, look in my ears, eyes, mouth, or listen to my chest.

That's okay – they are helping me.

If I feel scared, I can hold someone's hand or ask for a break.



If I need a shot or test, I will try to stay calm.

It might be a pinch or feel strange, but it will be over quickly.

It's okay to feel nervous. I can take deep breaths or squeeze a stress ball.



**When the visit is done, I
get to go home.**

Sometimes I get a sticker or
prize for being brave!

Going to the doctor helps
keep me strong and healthy.

