



# Doctor's Visit

Three Chopt



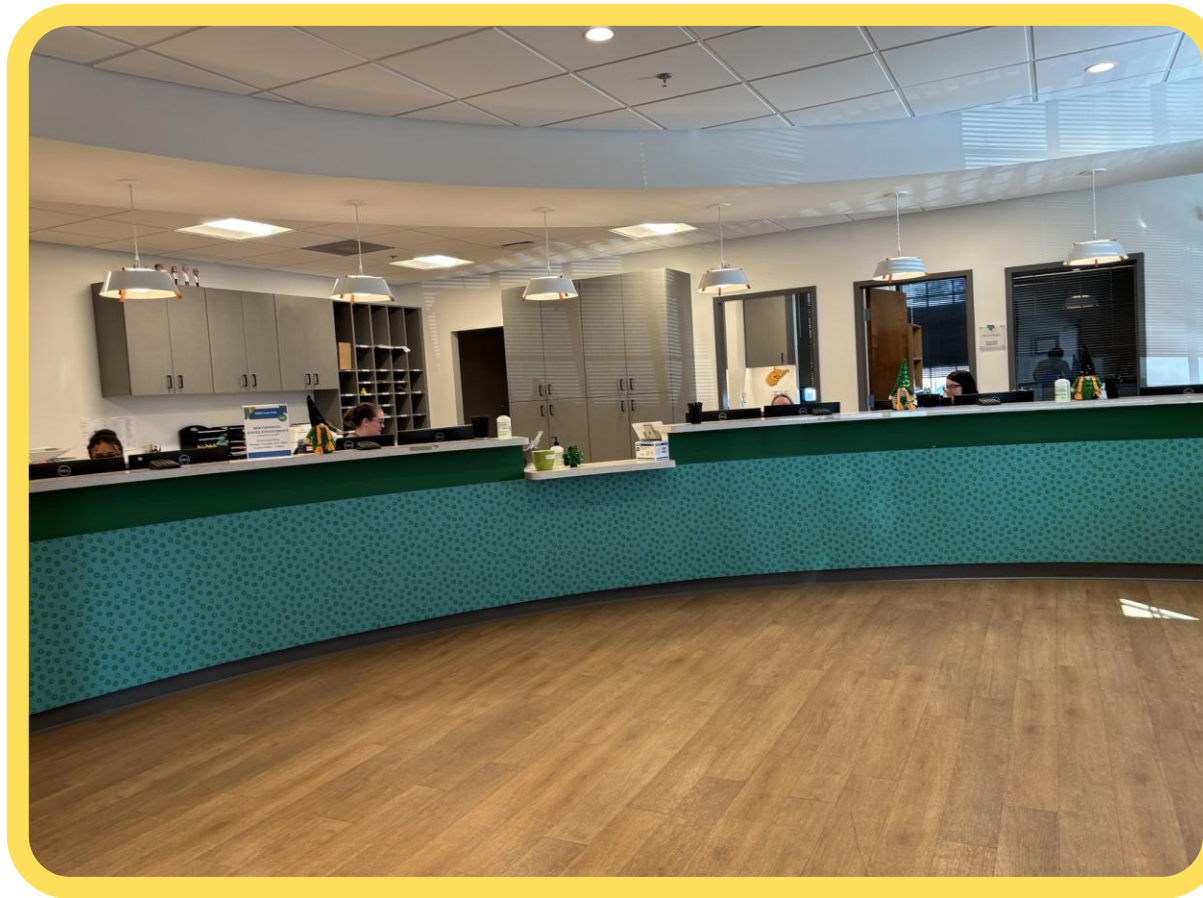
**Sometimes, I need to go to the doctor.**

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 and turtle tank while I wait.**

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

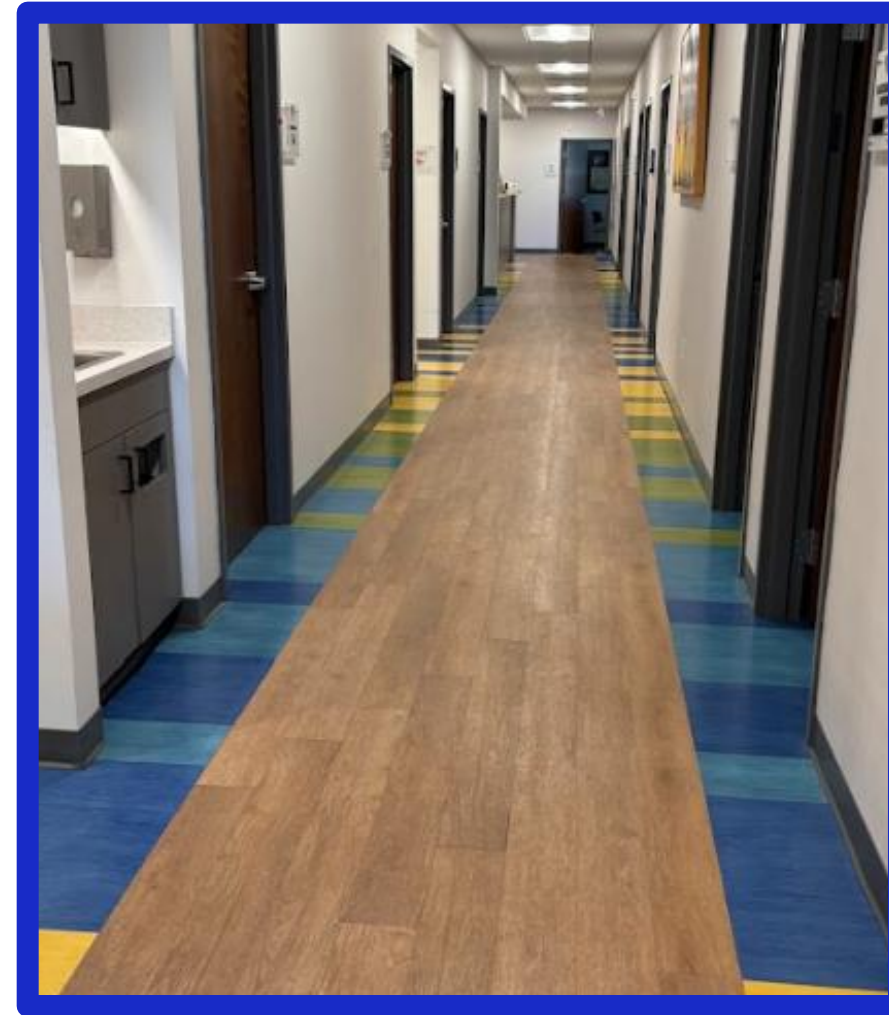


**A nurse will call my name.**

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.

