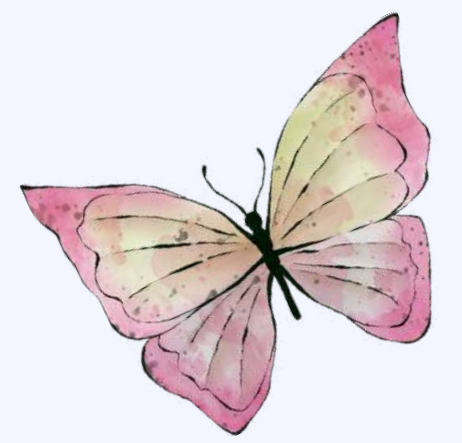




My Trip to the Doctor

A Social Story

Created By :
**Mackenzie
Garcia**



**Sometimes I go to the doctor. Going to
the doctor keeps me healthy and
strong.**



When I get there, I might wait in the waiting room.

There might be...

- **People talking**
- **Bright lights**
- **Different smells**
- **Toys or books**
- **My name might be called**

Sometimes waiting is hard, and that's okay.

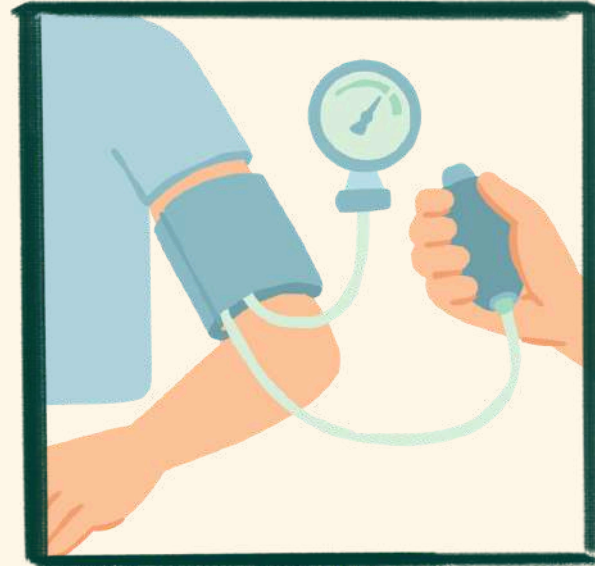


When it is my turn, the nurse will say hello.

They may:

- **Measure how tall I am**
- **Check how much I weigh**
- **Listen to my heart**
- **Look in my ears, nose, or mouth**
- **Ask me questions**





Some things might feel different.

I might feel:

- **Bright lights**
- **Cold hands or tools**
- **A cuff squeezing my arm**
- **A thermometer in my mouth or ear**
- **A quick poke if I need a shot**

**These feelings may be new or uncomfortable,
but they will not last forever.**



If I start to feel scared, I can tell a grown up.

I can use my calming tools, like:

- Taking deep breaths
- Giving myself a hug
- Holding a favorite toy
- Wearing headphones
- Taking a short movement break
- Squeezing a fidget
- Sitting on my caregiver's lap if it is safe

Everyone's body is different, and it's okay if I need extra help.





I can do hard things. I can use my tools, listen to my body, and ask for help when I need it.



**When my appointment is finished, I can feel proud
because I took care of my body!**