

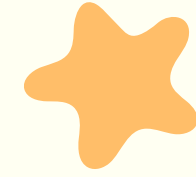
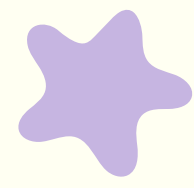


ELLIOT  
GOES TO THE DOCTOR'S OFFICE

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MY BODY NEEDS A CHECK-UP

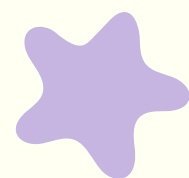
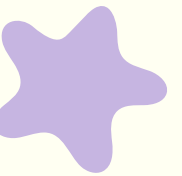
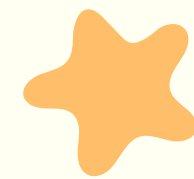




Hi, my name is Elliot!

I'm going to the doctor's office because my body needs a check-up.

I can choose to bring a toy or a comfort item from home!





When I get to the doctor's office, we will walk to the front desk to let them know we are here.





Then, we will sit down. A nurse will  
come meet us.







They will check how much I weigh.  
I will stand on a scale.

They will measure how tall I am. I will stand in front of a ruler. It may gently touch my head like this.







They will check my temperature.





They will check my blood pressure using a sleeve that gives my arm a hug.





To check how my body is breathing, they may use something like this. The light will gently touch my finger.





The doctor will look in my ears using a light like this. The light may gently touch my ear.





The doctor will look in my mouth using a light. They may ask me to say “Ah!”.





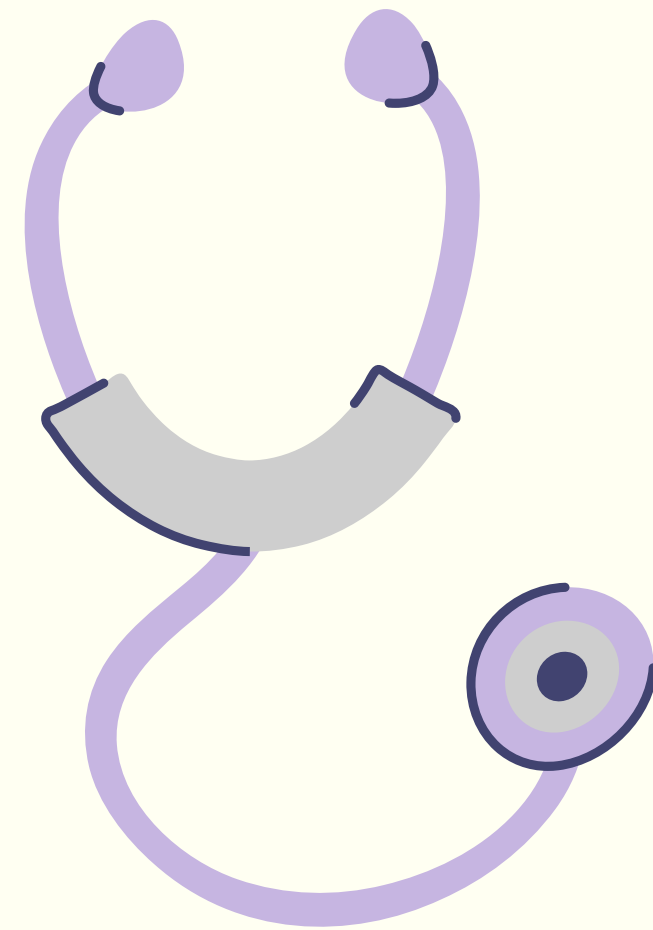
The doctor will look at my eyes using a light like this.







To check my heart, lungs, and belly, they will use a stethoscope. They may ask me to take deep breaths.





The doctor will check my whole body.  
They may gently press on my belly.

I can choose to sit with my grown-up,  
with my comfort item, or by myself.





When my check-up is done, I will go home with my grown-up.  
Everyone will be so proud of me!



Please Note: Your child's plan of care may change from the steps listed, to meet your child's individual needs.



If there's a plan for vaccination(s), here are some coping strategies that may be helpful. You can ask your child what would be helpful for them, to allow them to create their own coping plan and allow a sense of control:

- Sitting in a caregiver's lap
- Sitting with a stuffed animal
- Distraction (using a book, videos on a phone/ tablet, songs, or talking)
  - Squeezing onto someone's hand, a stress ball, or some play-dough
  - Blow bubbles to encourage deep breathing