



Together for Neurodiversity
Empowering Futures, Embracing Differences



Going to the Doctor



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The doctor is a person who helps me stay healthy. They make sure my body is strong and well. It's okay if I feel a little nervous. Many people feel this way before going to the doctor.



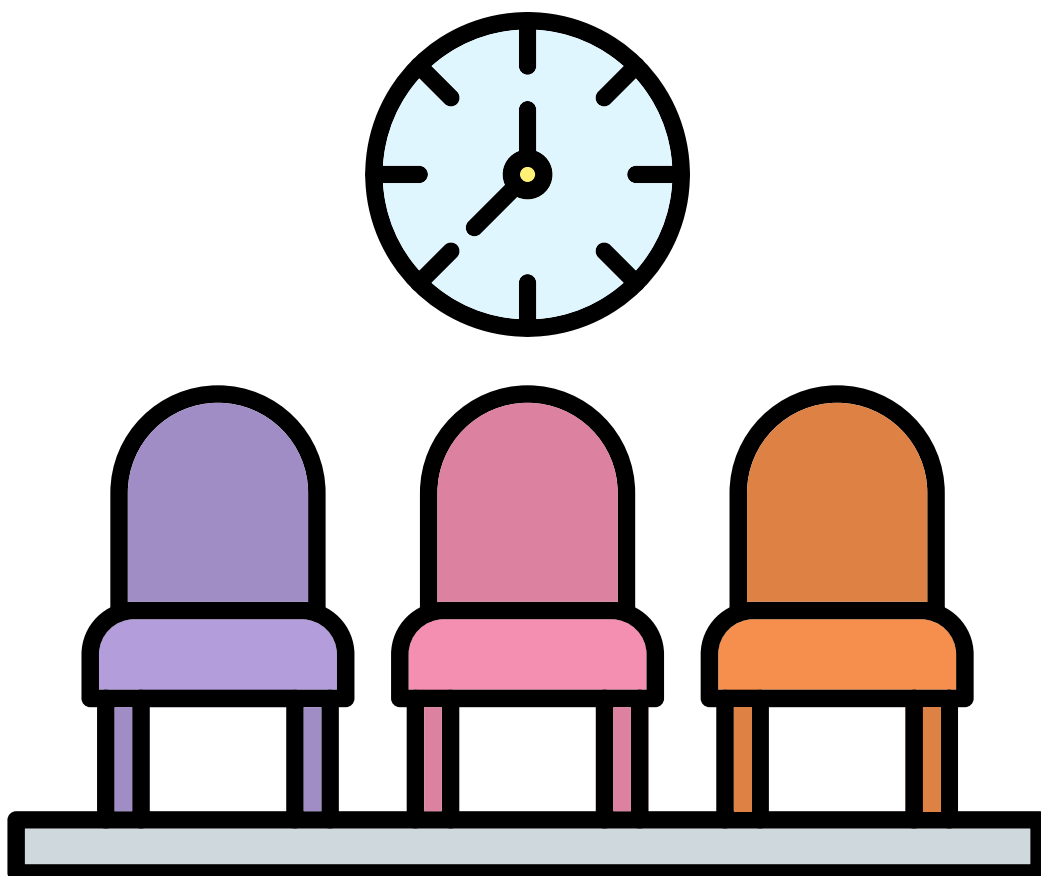
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When I go to the doctor, this is what
might happen:



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I will sit in the waiting room. There may be other people around, and it might be a little noisy. I can bring something with me to keep busy, like a toy or a book. I will wait until it's my turn.



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The doctor or a nurse will call my name.
I will go with them into a room where
we can talk. They may ask me
questions or talk to the grown-up with
me.



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The doctor may do a check-up. This means they might look at my eyes, ears, and mouth. They may use tools like a stethoscope to listen to my heartbeat or a small light to look in my ears. These tools don't hurt. They help the doctor see how healthy I am.



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If I feel scared or don't understand something, it's okay to ask questions. The doctor and nurse are there to help me and want me to feel comfortable.



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When the check-up is done, I may get a sticker or a small treat! I can be proud of myself for being brave. The doctor and nurse will say goodbye, and I will leave the office with my grown-up.



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It's okay to feel nervous about going to
the doctor.



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The doctor is there to help me. Every time I go to the doctor, I am helping my body stay strong and healthy!