



The Autism Program
AT BOSTON MEDICAL CENTER



Going to the Doctor's Office



Sometimes I have to go to the doctor's office.



Sometimes I go to the doctor's when I am sick, but usually I go to the doctors just so they can check that I am growing big and strong!



All the people at the doctor's office are proud when they see how brave. I step on the scale to show them how tall I am getting, and how much I weigh. How much have I grown? The doctor might ask me to take off my shoes to step on the scale.



Sometimes when I get to the doctor's office they need to give me a shot. Shots are no fun, and they can sometimes hurt! Shots are very important though, because they keep my body healthy.



I can hold mom's hand when it's time to get a shot. I can close my eyes and sing a song with mom, or we tell jokes. The shot will only hurt for few seconds, and the doctor will be so proud to see how brave I am! It is okay to give mom a BIG hug after my shot!



Sometimes the doctor shines a light in my ears, nose and eyes. This is to make sure I am healthy and clean. What else might they find in there? They may also tap on my knees or feet. This makes my leg jump! It's a silly feeling.



Usually the doctor will use their stethoscope to listen to my heart beat and my lungs breathing in and out. Sometimes they let me listen too! What does my heart beat sound like?



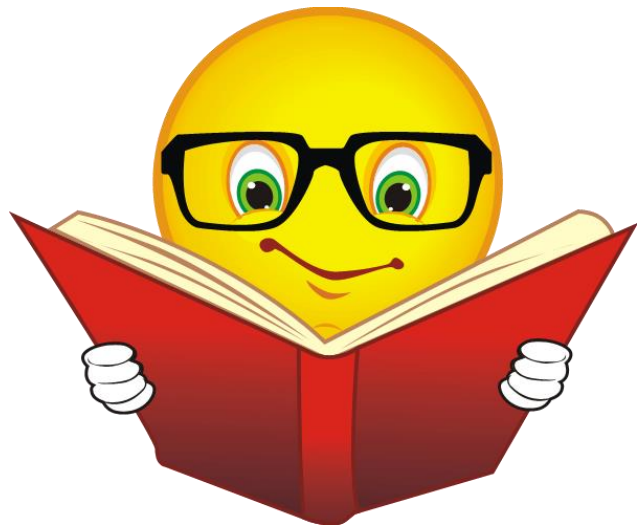
Sometimes the doctor has to put a blood pressure cuff on my arm. This is to make sure I am strong and healthy. The cuff is not too tight and gives my arm a hug! I can help the doctor by keeping my arm still!



When the cuff gives my arm a hug, I can close my eyes and count. Or I can sing a song. This will not hurt me and it tells the doctor how healthy I am!



I can play doctor at home and practice with my toys! The people at the doctor's office are so proud when they see how brave I am, and they are happy to see that I am getting big and strong!



When it's time to leave the doctor's, I sometimes get a special treat, like a book, or a sticker! I also get a big hug from mom or dad, for being such a good patient!



I like going to the doctor's office so I can show them how big and strong I am getting!