



Children's National™

Visual Schedule: Getting my EKG

First, I go to the EKG office or hospital.
When I get there, I wait until it is my turn.



Next, I sit in on the bed. I can sit by myself or sit in my parent's lap. If I get nervous, I can listen to music, hold my parent's hand, and hold my favorite toy.

The staff member will put small stickers on my chest.
Then clips are attached to the stickers.



I am safe and this does not hurt me. I lay still and do not move.



Now I wait and lay still for 5 minutes. I lie still during the EKG. It takes about 5 minutes. Next, the staff member takes my clips and stickers off, slowly and gently. They use a baby wipe to clean my chest.



I am all done. I get dressed. Now, I can have a reward like a bravery sticker.

I did a great job!



Teaching stories and visual schedules are effective learning tools for children with special needs. Showing your child teaching stories multiple times before your child's medical visit may help them understand what to expect. Using visual schedules during the medical visit can improve cooperation.

Our goal is to reduce the stress of the visit and improve your child's overall experience at Children's National. We welcome any feedback or questions: Autism Behavioral Consult 202-476-2884.