

I go to the Doctor's office to make sure my body is healthy. The doctor is here to help me. My parent's I go to the exam room and wait to see the doctor. I am safe.



The doctor looks at my eyes with a light. I sit very still; this does not hurt.



They look in my ears with a light. I am okay.



I can tell the doctor if anything hurts or does not feel good.



They listen to my heart to make sure everything is okay.



When the doctor is done, I leave. I did a great job at my doctor visit.



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 Program 202-476-2884.