



Children's National™

Visual Schedule:

Getting a shot (or vaccine)

First, I go to the doctor's office. When I get to the doctor's office, I wait until it is my turn. When it is my turn, I go with the staff member to a room.



Next, 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, or hold my favorite toy.



Then, the staff member cleans my arm with a wipe. This may feel cold. I sit still and keep my arm by my side.



The staff member gives me the shot. This only takes a few seconds. I can slowly count to ten and it is over.



I get a Band-Aid.



I am all done. The staff member will give me a reward, if they have one. 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.