

Visual Schedule: Vital Signs

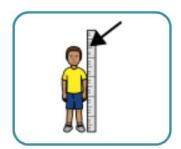
First, I go to the Doctor's office. I can listen to music, hold my parent's hand, or hold my favorite toy.

When I get to the doctor's office, I wait in the waiting room. I listen for the nurse to call my name. My parents and I go with the nurse.

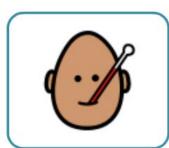




The nurse measures my weight and height.



The nurse measures my temperature. I hold the thermometer under my tongue or under my arm and wait. Or, the nurse might use a wand that moves across my forehead.



Next, the nurse measures my blood pressure. The wrap on my arm feels like a tight hug and makes noise. I sit very still so it can finish faster. I am done with vital signs. Next, I wait to see the doctor.



I did a great job getting my vital signs. The nurse will give me a reward, if she has one.



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.