



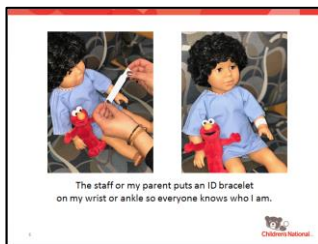
**Children's National**

111 Michigan Ave NW  
Washington, DC 20010-2916  
ChildrensNational.org

## Visual Support Toolkit Instructions

Medical visits can be a positive experience for every child, even children with communication or sensory special needs that experience the world through their different senses or may be accustomed to specific routines. Preparation gives your child a better understanding of what they experience and can improve your child's cooperation and participation. The following resources are part of this toolkit to help you prepare your child:

### **Teaching stories (similar to social stories)**



- Use stories to teach your child what to expect during the visit.
- Review the steps for several days before the actual visit to establish familiarity.
- Tell your child that steps or wait times may change, but that everything will be OK.
- Stories may be used by parents, teachers, or therapists (ex: Speech, OT, ABA).

### **Role play with medical equipment (either toys or actual medical items if possible)**



- Use role play to help your child to become more familiar with the steps and equipment in a comfortable environment.
- Role play can be done over a period of weeks to days before the visit.
- Role play may be done by parents, teachers, or therapists (ex: Speech, OT, ABA).

### **Visual schedules (with pictures, words, or both)**

- Use schedules to promote motivation and cooperation for medical visits.

- Show your child the multiple steps that need to happen before receiving a preferred reward.
- Visual schedules can be used immediately before and during the visit.

#### Blood Draw



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Our website, [childrensnational.org/autismvisualresources](https://childrensnational.org/autismvisualresources), gives you access to different types of visual supports and other resources to help prepare for common medical visits. If you need visual supports for a medical visit, but cannot find it on the website, let us know by sending an e-mail to [BeyondTheSpectrum@childrensnational.org](mailto:BeyondTheSpectrum@childrensnational.org) or give us a call us at 202-476-2884.