



Children's National™

Visual Schedule: Getting my ECHO

First, I go to the ECHO office or hospital.
When I get there, I wait until it is my turn.
When it is my turn, I go with my parent and the staff member to a room.



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 sticky patches on my chest. Then clips are placed on the stickers.



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



The staff member uses a warm gel on the wand. The wand is placed on my chest.

Next, the staff member takes my clips and sticky patches off, slowly and gently. They use a baby wipe to clean my chest.



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