



Children's National™

Visual Schedule: My Visit with the Doctor

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.

