



Children's National™

Visual Schedule: Getting an ENT

First, I go to the ENT office or hospital. When I get there, I wait until it is my turn.

I go with my parent and the staff member to a room and I sit in on the chair. If I get nervous, I can listen to music or hold my parent's hand.

The staff member will check my ears. A light will shine. This will not hurt. Next, a small scope is inserted in my nose. The staff member will look inside.

A metal small tool will then be placed in my nose. A light will shine. This will tickle a bit.

Then, a wooden flat stick will be placed on my tongue. I will say, "ahh". They are making sure my mouth is healthy.

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

I did a great job. Everyone is proud of me.



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.