

# Going to the Doctor for a Check-Up

## Series 1

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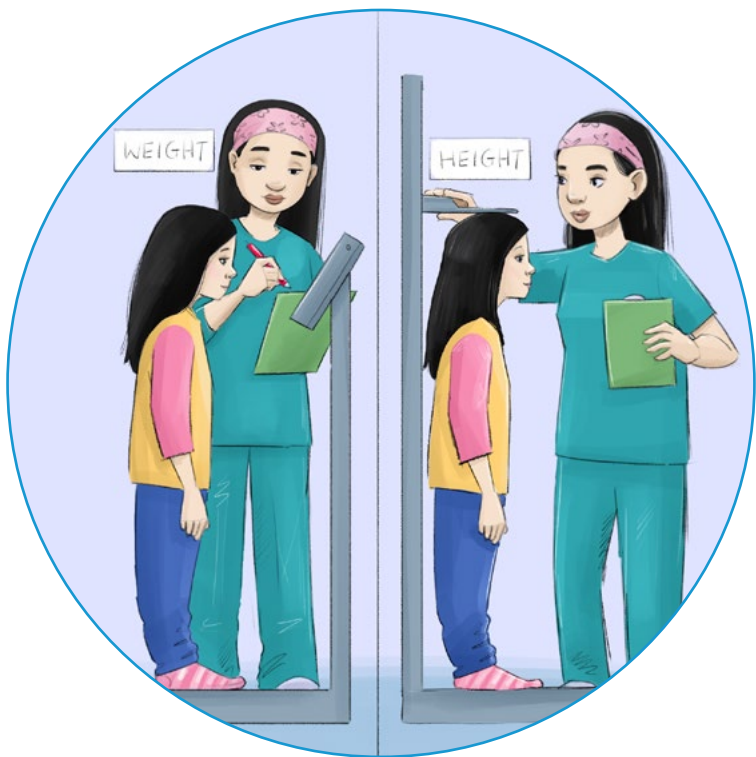


Sometimes, I go to the doctor's office for a check-up. Check-ups help doctors make sure I am healthy and growing the way I should. Everyone goes to the doctor, even grown-ups. It is a normal part of taking care of our bodies.



When I arrive at the doctor's office, I might sit in the waiting room with my grown up. The waiting room may have toys, books, or chairs to help us wait calmly.

When it's my turn, a nurse or helper may call my name. I will walk with my grown up to a special room where the doctor will give me my check up.



First, the nurse might ask me to stand on a scale to check my weight. Then, the nurse might tell me to stand tall so they can measure how tall I am. This tells the doctor how much I am growing.



Next, the doctor or nurse may ask me some questions. They may want to know things like how I feel, if anything hurts, and what I've been eating or doing lately. Telling the doctor how I feel helps them take care of me better.

The doctor may also ask me to do different things like open my mouth, take deep breaths, or sit very still. Sometimes the doctor checks reflexes by gently tapping my knees with a little rubber hammer. That might make my leg jump a little, and that's okay.



The doctor might use something called a stethoscope. It's a tool the doctor uses to listen to my heart and lungs. The doctor might ask me to take deep breaths or cough while they listen to my lungs. It might feel a little cold, but it doesn't hurt. I might need to sit quietly while they listen.



If I start to feel overwhelmed, there are things I can do.

- I can take deep breaths.
- I can squeeze a fidget toy or hold someone's hand.
- I can let my grown up or the doctor know that I need a break.

It's okay to ask for help.



Check-ups usually don't take very long. There is no right or wrong way to feel at the doctor's office. Some kids feel nervous and some feel calm. When it's all done, the doctor may give me a sticker or say something nice. I did something important by taking care of my health.



# Autism TOOLKIT

[autismtoolkit.org](https://autismtoolkit.org)

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