

# Waiting in the Doctor's Office Waiting Room

## Series 1

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When we go to the doctor's office, we usually start by sitting in the waiting room.

The waiting room is a place where patients and their families sit before it is time to see the doctor. I may need to wait there for a short time or a little bit longer, depending on when the doctor is ready.



Sometimes waiting is easy. Other times, waiting can feel hard.

The waiting room might be busy or quiet. There could be other kids, adults, or even babies. Some people may talk, and some people may cry. I might hear phones ringing, people talking, or a TV playing.



Bright lights, lots of noise, or too many people can sometimes feel overwhelming to me. That is okay. Many kids feel that way sometimes.



There are things I can do to make waiting easier:

- I can sit with my grown up.
- I can bring things that help me feel calm, like a favorite toy, book, or tablet.
- I can wear headphones if sounds are too loud.
- I can look at books, play quietly, or draw.
- I can ask to sit in a quieter spot if one is available.



If I start to feel nervous or upset, I can take deep breaths. I can also tell an adult how I'm feeling.

Sometimes my body wants to move. I can ask if it's okay to walk around the waiting room with my grown up.



When it is my turn, a nurse or staff person will call my name. Then we will go together to see the doctor.

Waiting in the waiting room is part of going to the doctor. I am going to do my best to wait patiently.



# Autism TOOLKIT

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

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