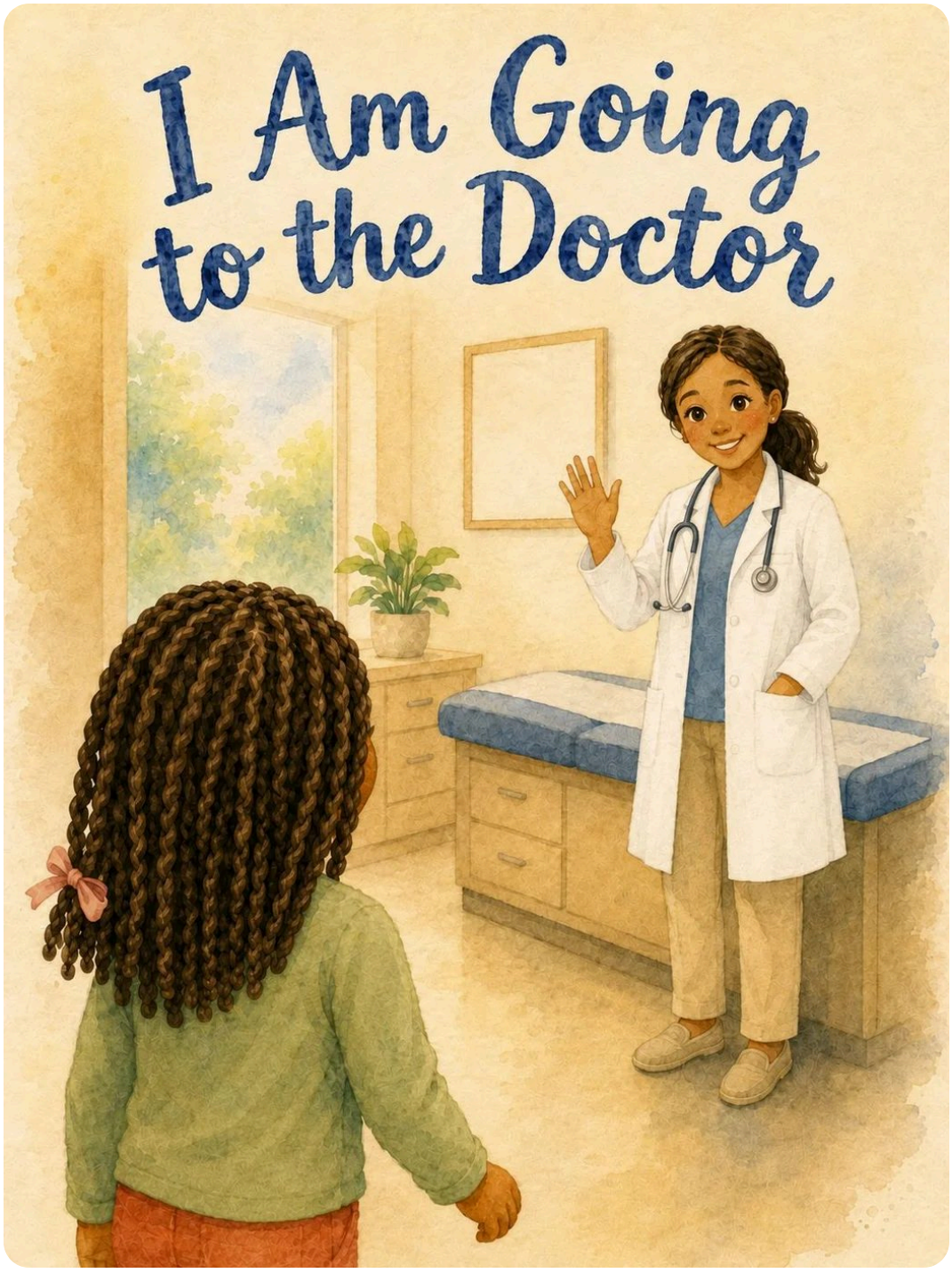


I Am Going to the Doctor



Sometimes I go to the doctor. The doctor helps keep my body healthy and strong.



The doctor’s office might look different from my home. There may be new people, sounds, and smells. It is okay to feel curious, unsure, or nervous.



When I get there, I may sit in a waiting room. I might see toys, books, or chairs. I can sit with my grown-up while we wait.



My grown-up and I go to another room when they call my name. A doctor or nurse may check my ears, mouth, heart, height, and weight.



New things might feel uncomfortable. That’s okay. I can hold my grown-up’s hand, breathe deeply, ask for a break, or bring a favorite toy.



The doctor is here to help me. They want me to feel safe and cared for.



When the visit is all done, I get to leave. I can feel proud of myself for trying something new.

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