

I GO TO THE DOCTOR

A story about ME going to Prairie Pediatrics

My parent tells me “It’s time to go to see your doctor”



I GO TO THE DOCTOR FOR A CHECKUP WHEN I FEEL
GOOD



OR I GO TO THE DOCTOR TO FEEL BETTER WHEN I
AM SICK



WE DRIVE TO THE DOCTORS OFFICE



MY DOCTORS OFFICE IS CALLED PRAIRIE PEDIATRICS.
PEDIATRICS MEANS KIDS.



When we come inside, my mom or dad talks to the people working at the desk.



We wear masks at the doctor to stay safe.
The people who work here wear masks too.
You can still tell they are smiling at us.



The nurse says “Step on the Green X to see how much you weigh”.

If I don't like the color green, I can close my eyes when I step on the scale



She says “Stand up nice and straight. We use this ruler to see how tall you are.”

She puts the flat part on top of my head. It doesn't hurt.

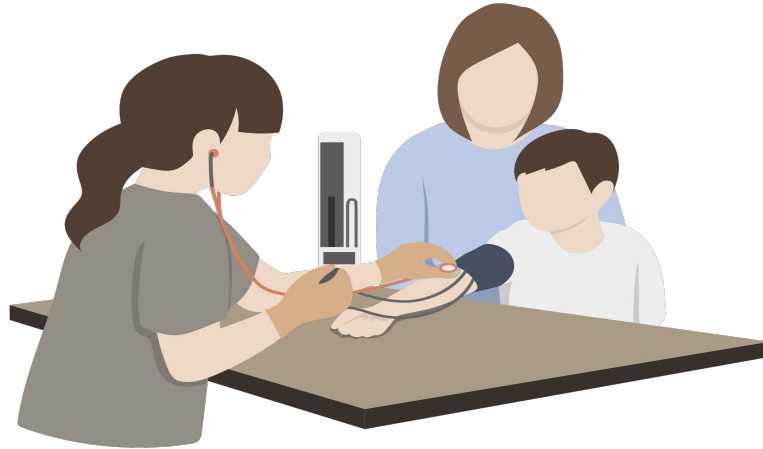


Doctors have tools to find out information about my body. The doctors put the thermometer in my ear. It feels funny. I can squeeze my favorite toy or hum a song while it happens. I know if I make my body very quiet and still it will be done fast.



The nurse wraps something around my arm and it squeezes, hard!

I know that when it feels really tight, that means it's about to let go. I take big slow breaths and keep my body quiet. Then it is done!



They put a thing on my finger that beeps and shows numbers. It is loud and high pitched.

I can wear my headphones, listen to music, or make my favorite sounds in time with the beeps.



We sit in the room and wait for the doctor to come in

I can sit on the floor,

on the chair,

or on the table.

There are books to look at



When the doctors come in they smile and say hello.
My parent can ask them to turn the lights down low if it is too bright.
They can ask the doctor to wash their hand with soap if I don't like the way the sanitizer smells. The doctor has a computer to work on.



Dr. Auster



Dr. Ayala



Dr. Proctor

The doctor cleans her hands and checks my body all over
She starts by checking my ears. It feels weird in my ear but it is very fast.
I keep my head still so she can see my eardrums.



She listens with her stethoscope. The stethoscope feels cold and hard on my body.



She feels my belly with her hands. Her hands feel cold.



She talks to my parent about me. My doctor and my parent want me to be healthy and strong. This is the boring part.



Sometimes the doctor does things I don't like!

Sometimes doctors have to do tests or give shots. If that happens, my doctor and my mom will tell me about it first. They will try to make me feel safe while it happens. If I can, I will say what helps me get through it too. My mom or dad takes big slow breaths. I try to match my breathing with theirs.



When I'm done I get stickers and prizes!

There are lots of stickers.

I can pick out a Sticker that I like.

There are prizes in the box with the cow.



IT'S ALL DONE!!!!

Now I can go home with mom and dad and back to my favorite things.

