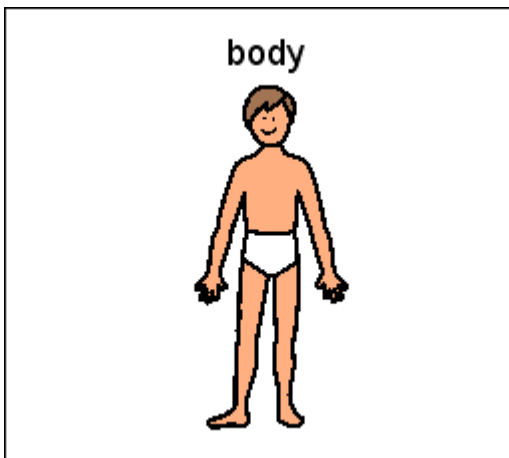
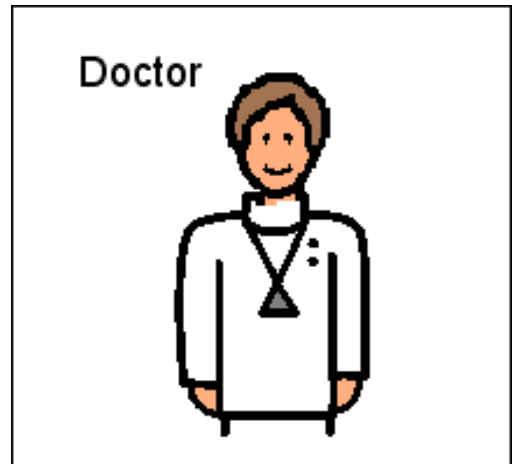


Going to Doctor

Soon I will be going to the doctor. I am going to the doctor to learn more about my health.

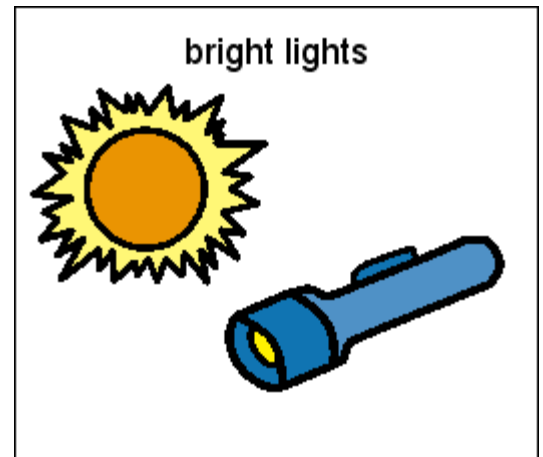
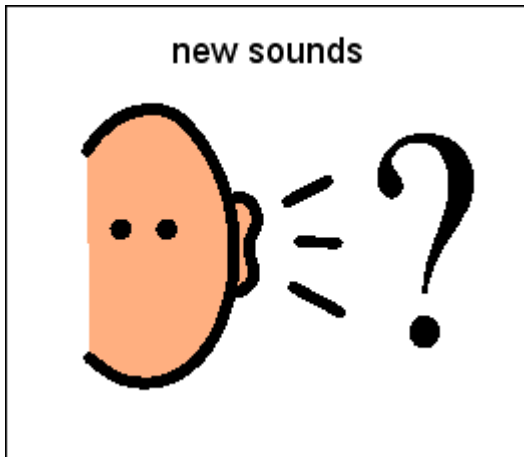


Doctors can help my body be healthy, even if I don't think I am sick.

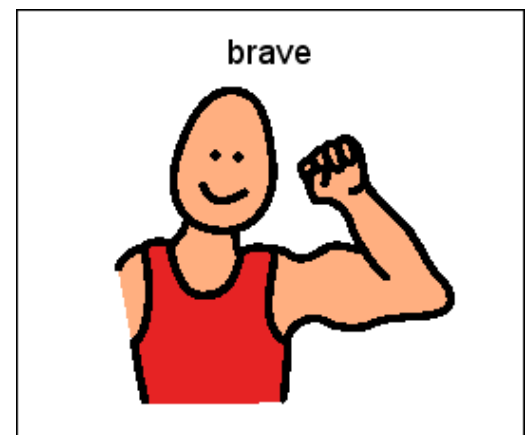
The doctor's office is a very busy place with many people around.



There are bright lights and new sounds.

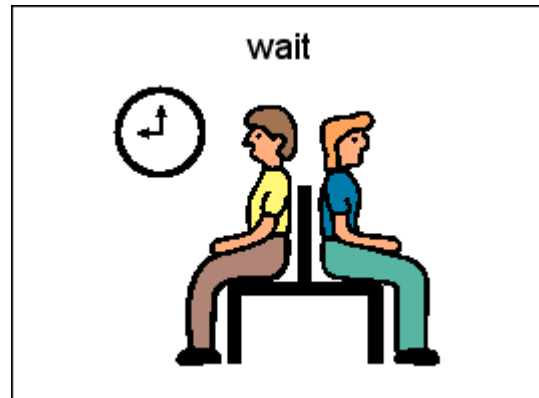
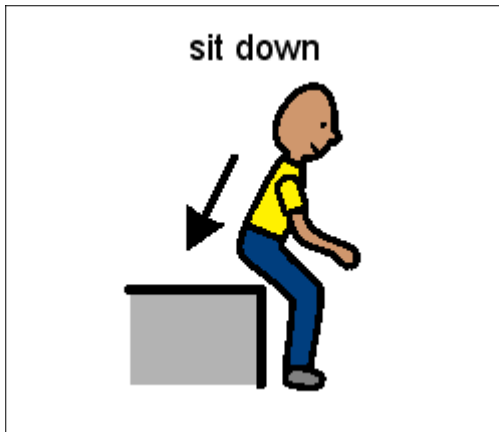


Going to the doctor is not what I usually do every day. Sometimes it makes people feel scared. I will try to be brave and stay calm.



When I get to the doctor's office, I might have to sit in the waiting room.

Sometimes I don't like to wait, but I know I have to sit down and wait for my turn to see the doctor.



I might be able to read a magazine or listen to some music while I sit and wait.



When it is my turn, I will go with a nurse.



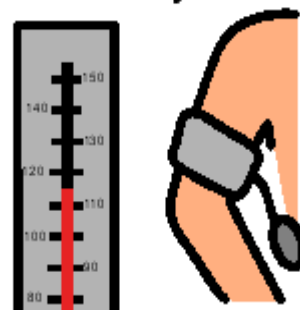
stand still on a scale



I might need to stand still on a scale. I will try to stand up straight so the nurse can see how tall I am.

I might need to have a cuff on my arm that will give my arm a hug. It will tell the nurse about how healthy my heart is.

cuff on my arm



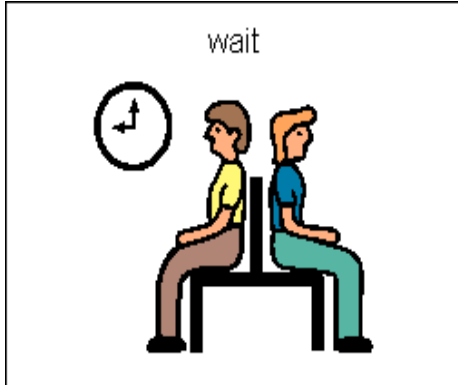
thermometer touch my ear



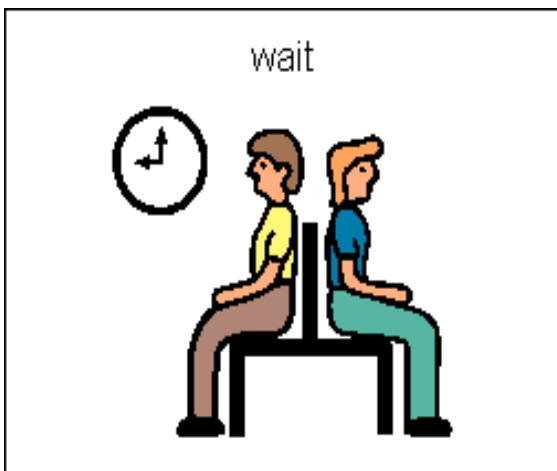
I might have to have a thermometer touch my ear for a few seconds. I might not know what I am supposed to do, but the nurse will tell me. I

will do what the nurse asks me to do.

I might have to wait again in another, smaller room.



I might need to take off my clothes and put on special doctor's office clothes.



I will try to sit quietly and wait for the doctor.

I might be able to read or listen to music.

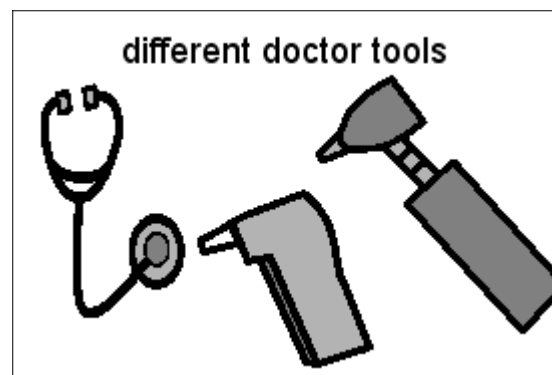


When the doctor comes in the room my parents or I might have to answer a lot of questions. I will try to answer all of the doctor's questions.

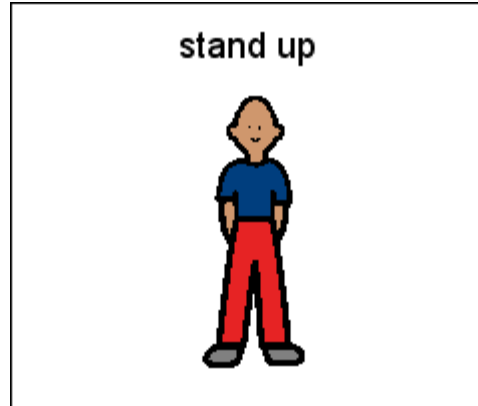


The doctor will need to touch me to see if my body is healthy.

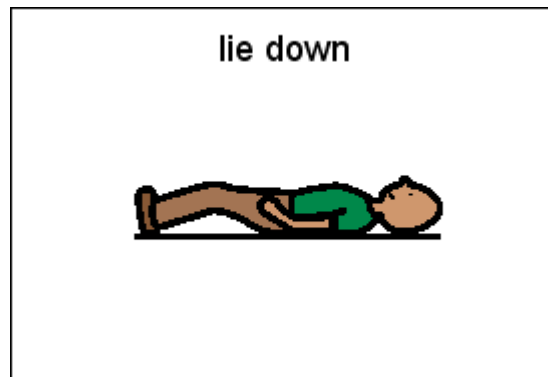
The doctor might need to touch my body with different doctor tools.



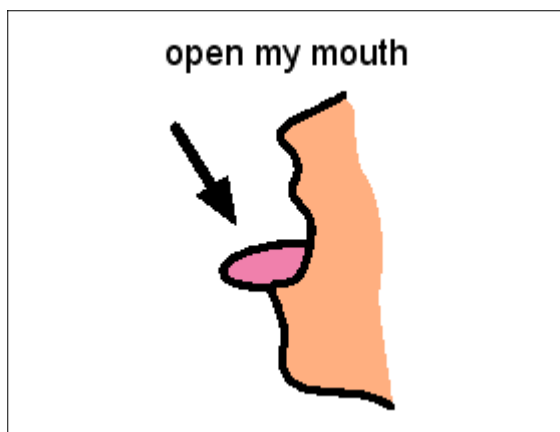
I might need to
stand up,



or sit down,

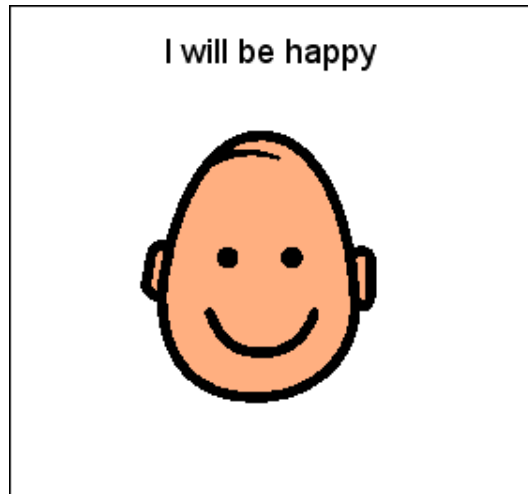


or lie down.



I might need to open
my mouth or look at
lights. The doctor will
tell me what I need to
do, and I will do what
the doctor tells me to
do.

I will be happy when
I am done at the
doctor's office.
Going to the doctor
can be helpful to
learn about my body
and keep it healthy.



The doctor and nurses
are happy that I did such
a good job to help them
out.