

When I have to go to the Doctor:



**Sometimes I go to the doctor
when I am sick.**



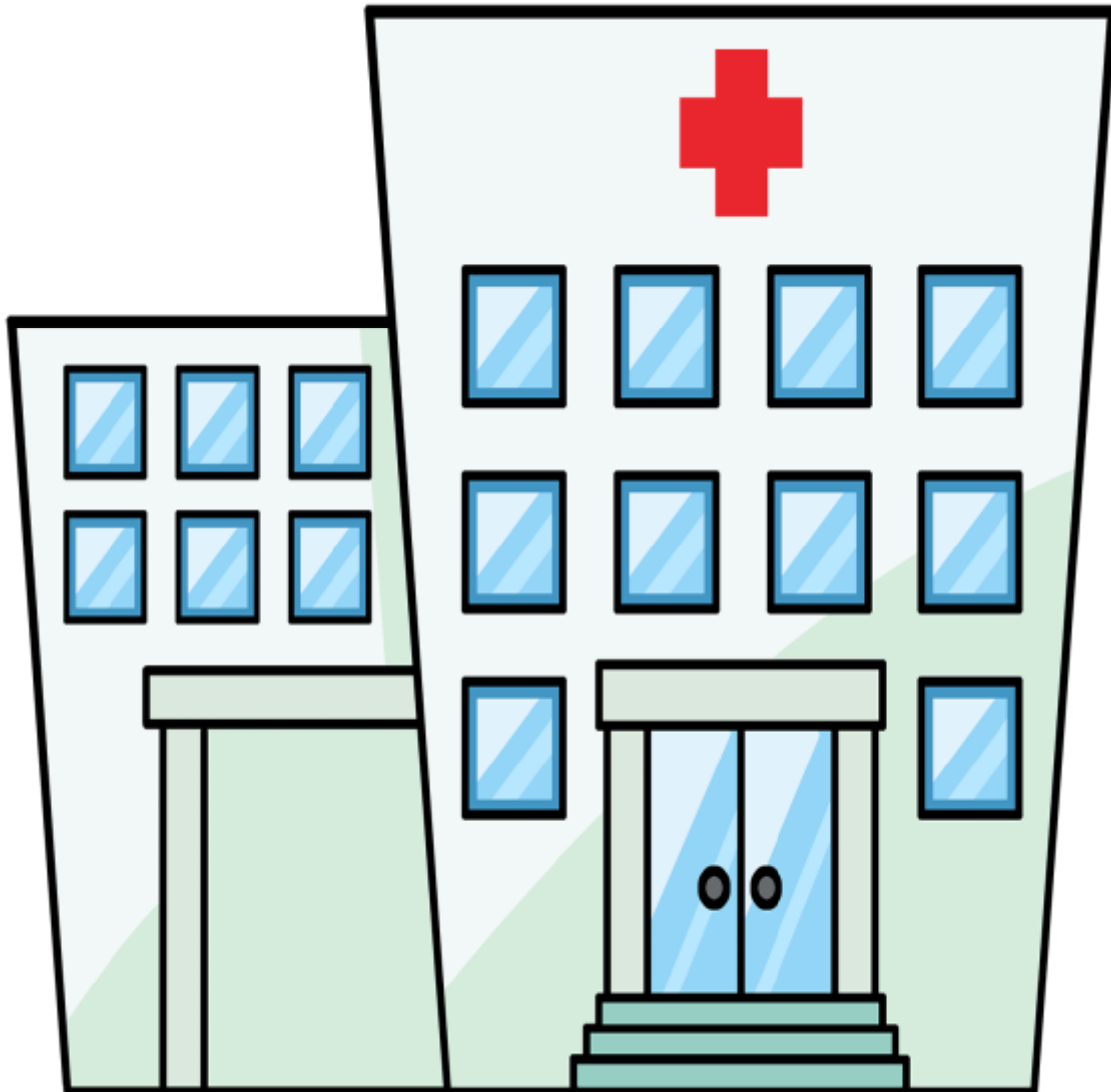
Most often I go to the doctor for a check-up.



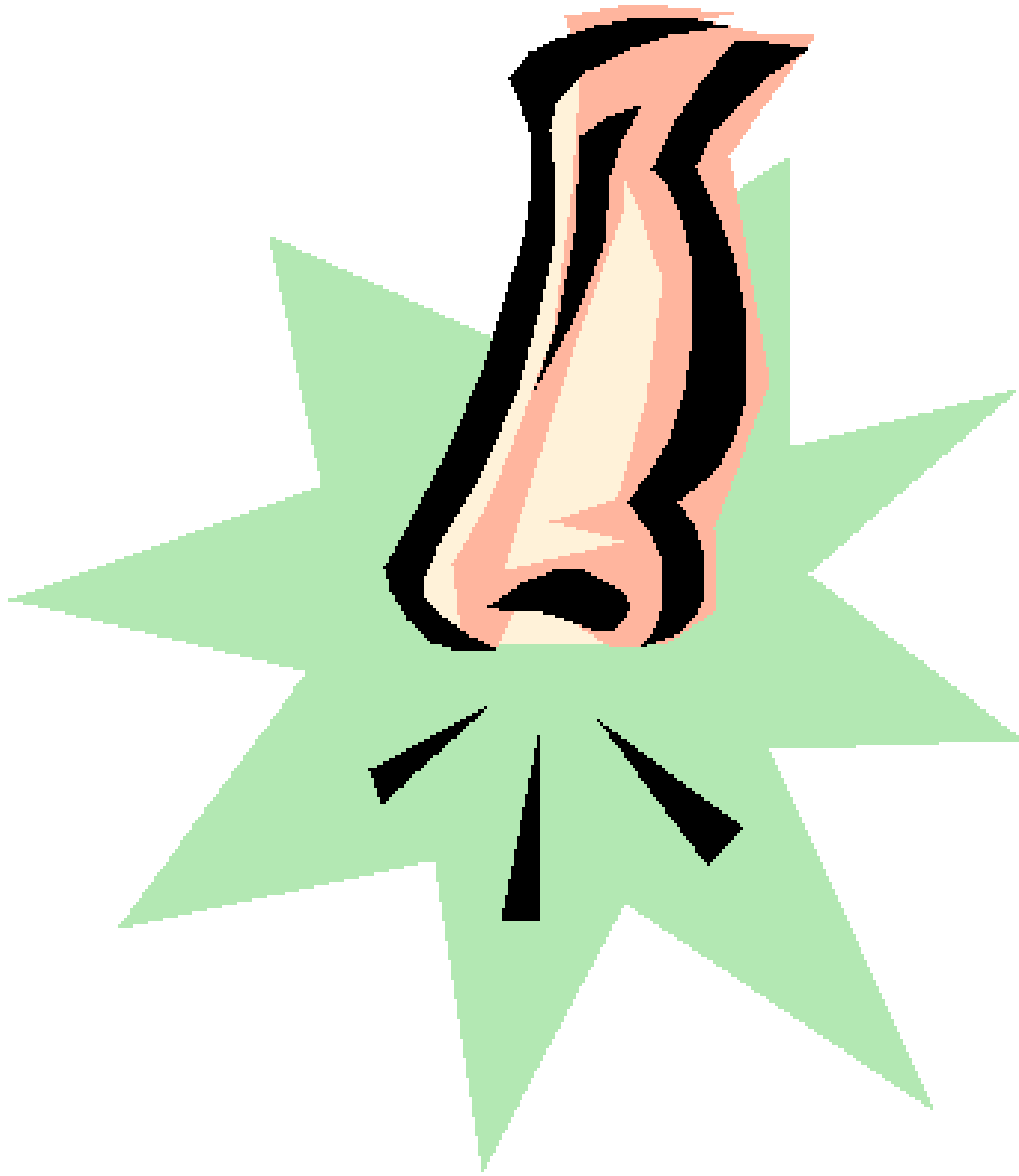
**This is where they make sure that I am
growing strong and healthy!**



**The Doctor's office can be big, loud, noisy,
and full of people.**



It may smell different in the doctor's office.



But it will be OK!



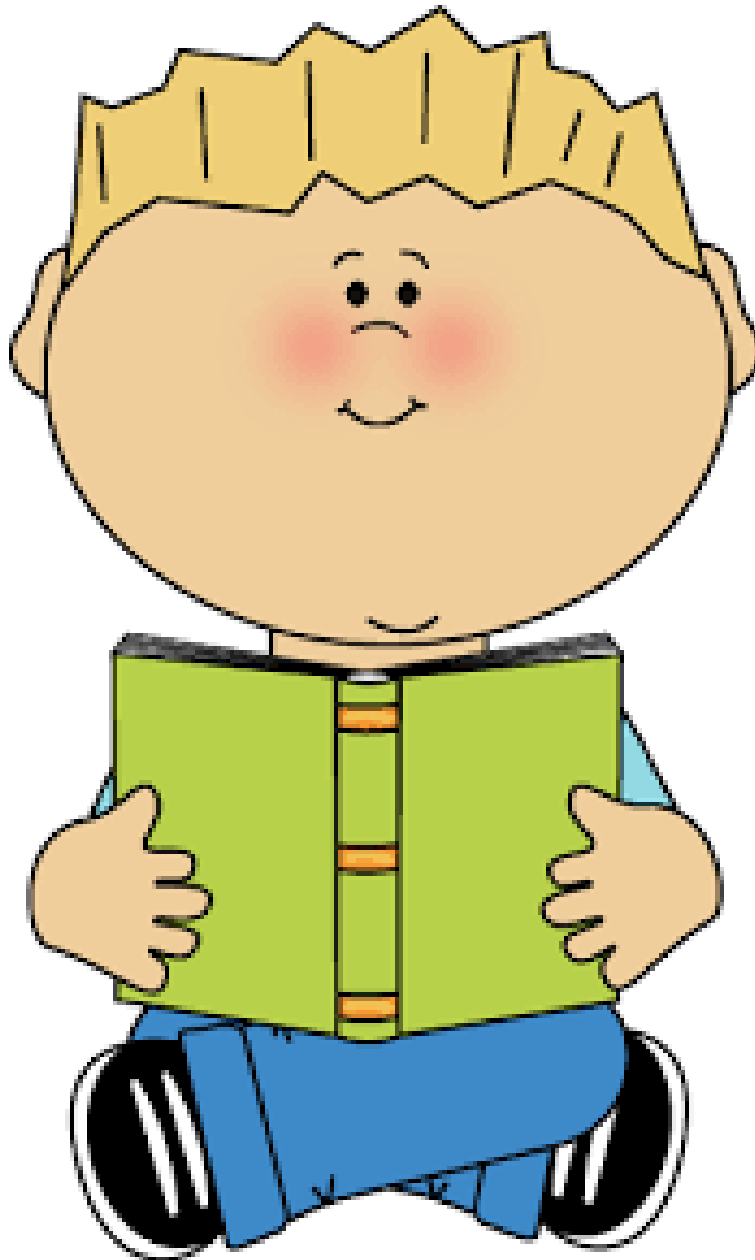
I first need to check in to let the doctor know I arrived! My parent will do this for me.



**Then I get to wait my turn
until I get called in.**



While I am waiting, I can sit in my seat and look at picture books.



I may feel nervous or scared, but nothing bad will happen.



I can look out the window if I feel nervous. I can count the cars that drive by or look at the clouds!



I can hold my parent's hand. That also can help me feel better.



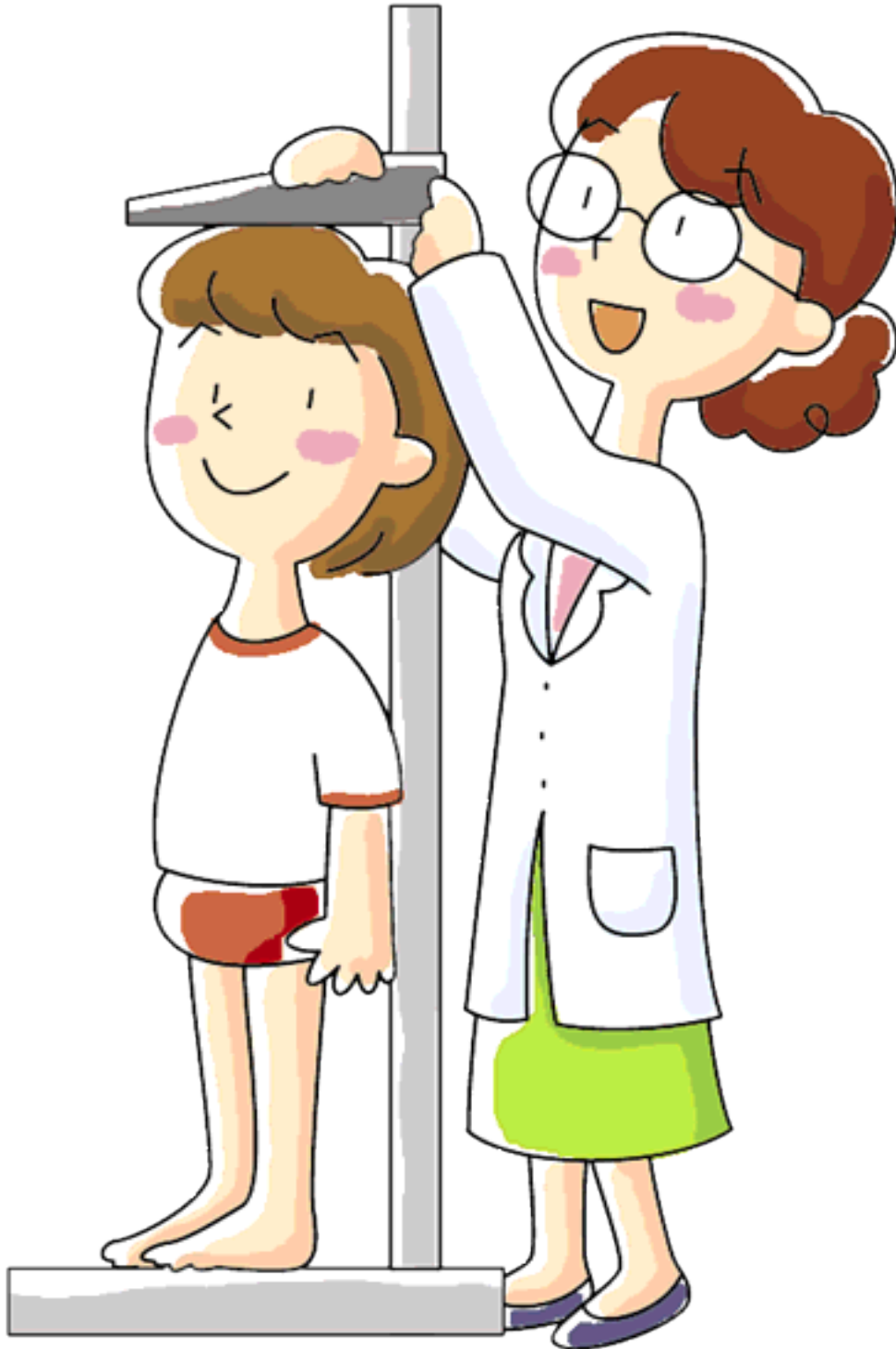
**When the nurse calls my name, it is my
turn!**



First, the nurse will weigh me.



She may also measure me to see how much I have grown.



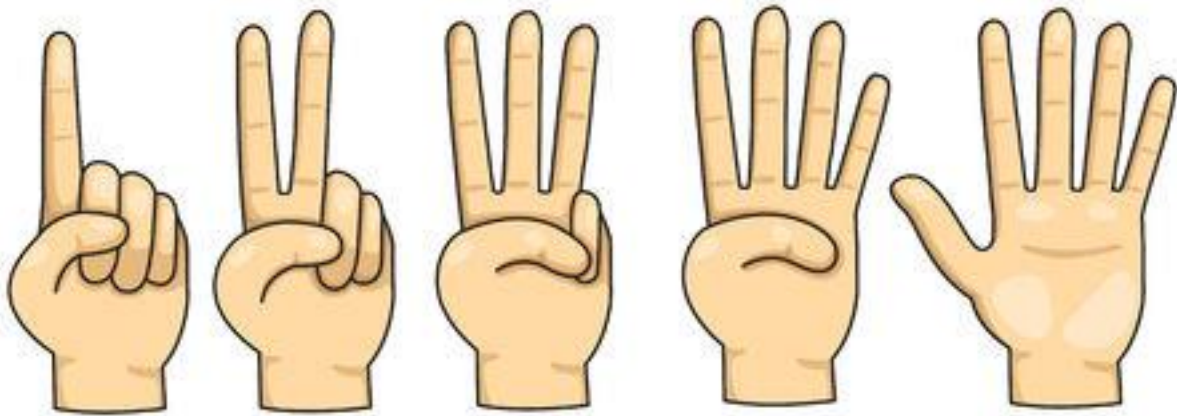
**She will take my blood pressure with a cuff.
It will squeeze my arm like a gentle hug.**



She might give me a shot. This can be scary, but it will only feel like a tiny pinch.



**I can hold on to my parent's hand and
count to five, and it will be over!**



1, 2, 3, 4, 5...

DONE!

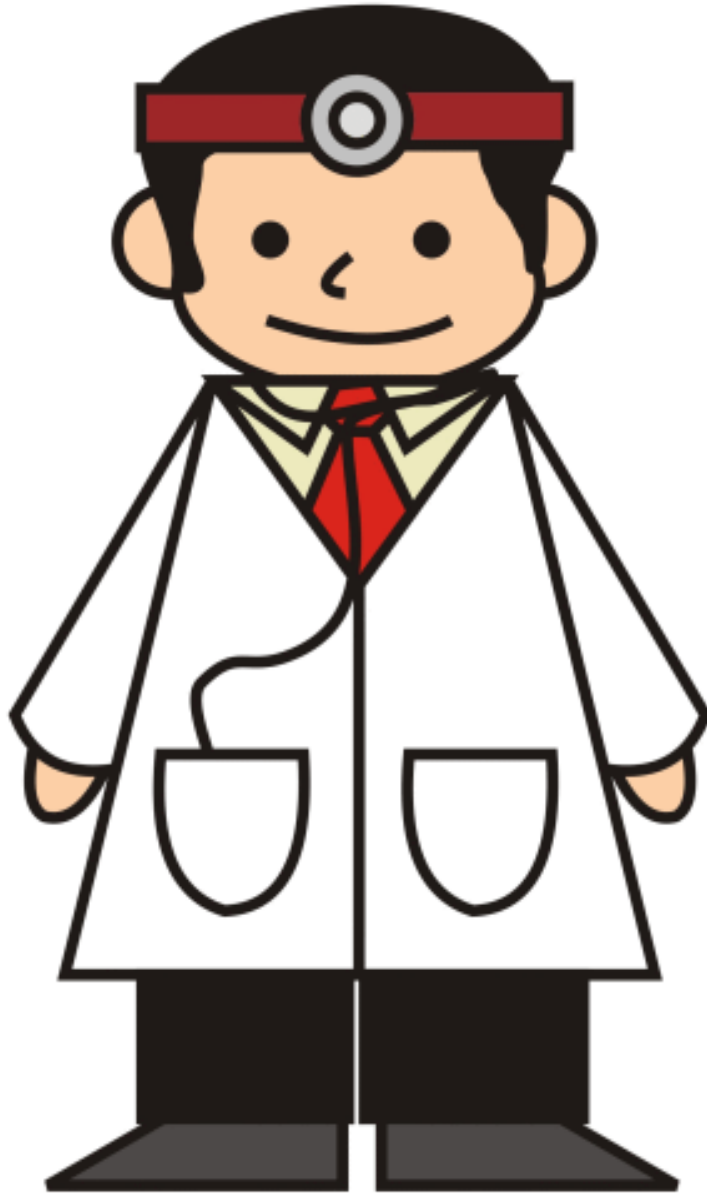
I may feel nervous or want to run away, but if I sit still it will be over soon.



I am so brave!



**The nurse will leave and the doctor will
come to see me.**



The doctor will ask how I'm doing. Doctors are so caring.



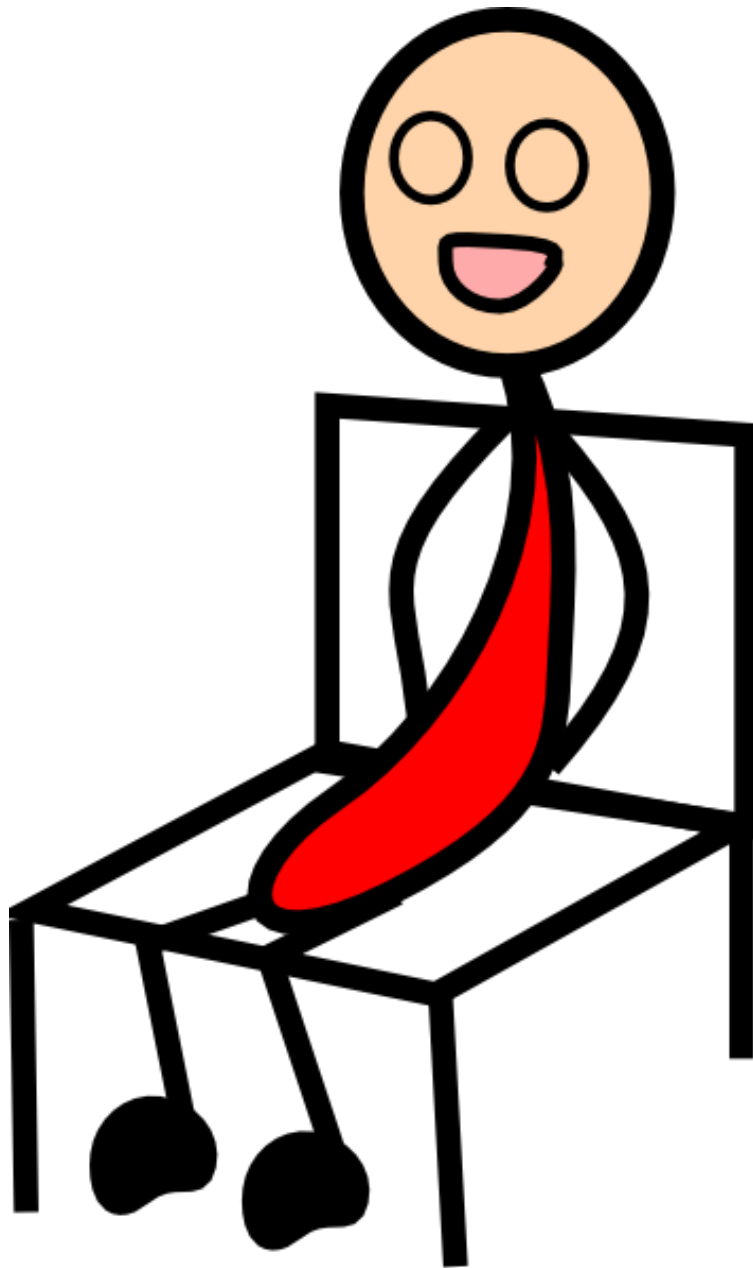
The doctor may listen to my heart and lungs with their stethoscope! It may be cold, but it won't hurt.



The doctor may check inside my ears! This sometimes tickles. Try to keep still!



If I feel like I have to move, it helps to sit on my hands.



**When the doctor is done, I will check out
and say goodbye!**



I Did It! I am so brave.



Next time I go to the doctor and feel nervous I can _____?

