



# I'm Going to See the Hearing Doctor.

*Earmold Impression*



# A note to caregivers:

- This book will detail the steps of an earmold impression at the Rady Children's Audiology Department.

In this story we refer to the audiologist as a “Hearing Doctor” and refer to an earmold as “clay.” You can determine which language is best to use for your child.

- ◆ Some children benefit from distraction (during the appointment) and others benefit from a reward after completing the earmold impression. If your child would benefit from a prize/reward after completing the ear mold, we recommend bringing this with you to the clinic. You can add this to the visual at the end of the story (e.g., “First clay, then [insert prize here]”). See final page for example. We have also included a visual schedule on the last page of this story.

- ◆ We also recommend filling out the Autism Friendly Questionnaire in MyChart in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

- ◆ If you have more questions about strategies or how to fill out the Autism Friendly Questionnaire, please contact us at [autismfriendly@rchsd.org](mailto:autismfriendly@rchsd.org)

Sincerely,

- ◆ **The RCHSD Autism Friendly Health System Initiative**

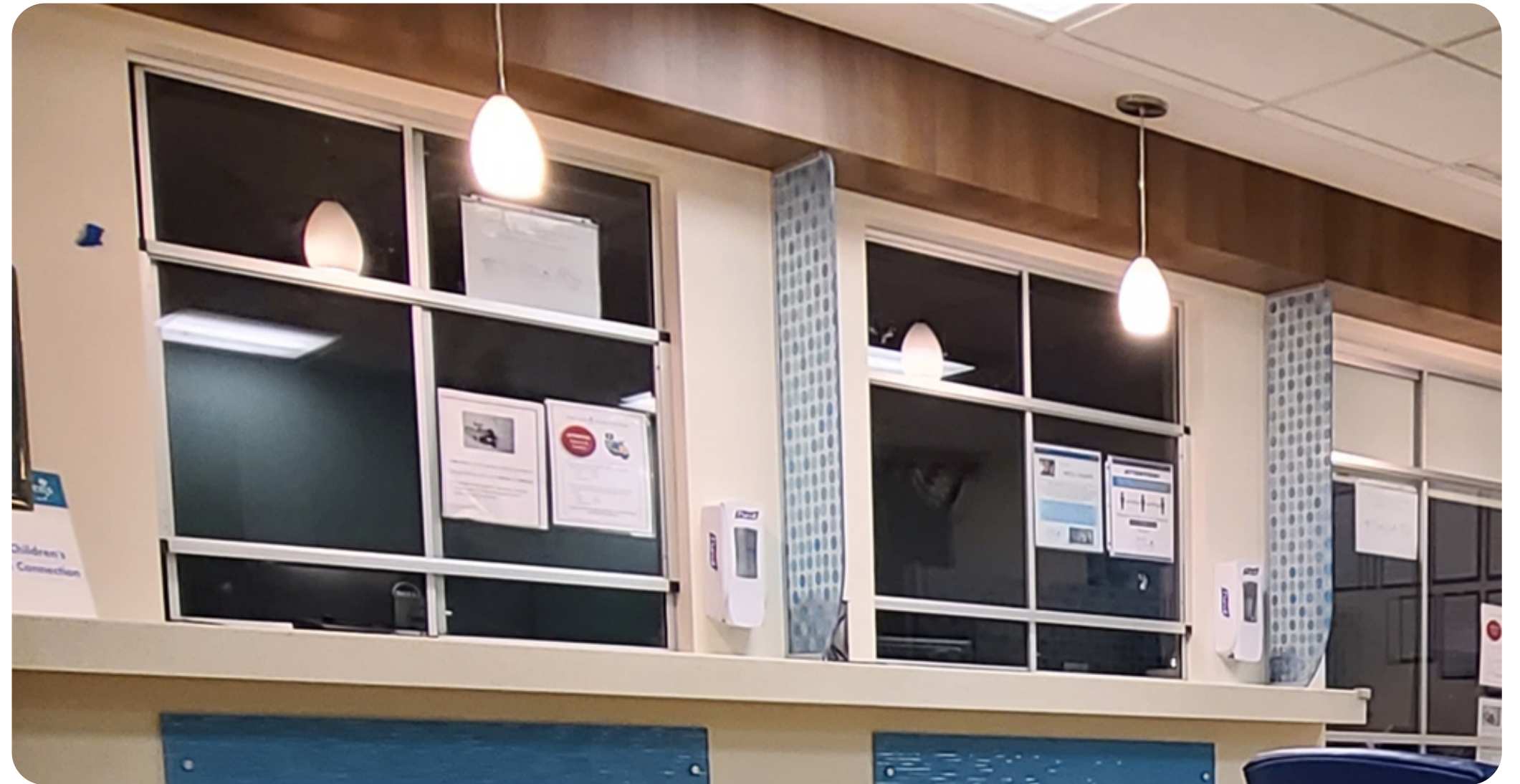
**I'm going to see the hearing  
doctor to make an earmold.**

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**I will check in at the front desk.**

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**Now I will wait until they call my name.**

**I can** [insert distraction item from home here] **while I wait.**



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Note to caregivers: We recommend you bring an item for distraction while you wait and to be used during the visit (e.g., fidget toy, comfort item).

**When the doctor calls my name, I will walk to a new room with my [caregiver].**

**My [caregiver] will stay in the room with me.**

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**I will use hand sanitizer to clean my hands.**

**Next, I will sit down at the table.**

**The doctor will ask me and my [caregiver] a few questions.**

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**It's ok to feel nervous.**

**If I am nervous, then I can** *[insert item you brought from home].*

**I can also ask the hearing doctor for a break.**



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Note to caregivers: You may bring a sensory or comfort item for your child to use during the appointment for self-regulation, reward, or distraction.



**The doctor will look in my ears with a special flashlight.**

**It might feel cold and tickle.**

**It will not hurt.**

**I can count to 5 when they look in each ear.**

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**Now the doctor will put a tiny sponge and string in my ear to protect it.**

**It might tickle a little bit.**

**It will not hurt.**

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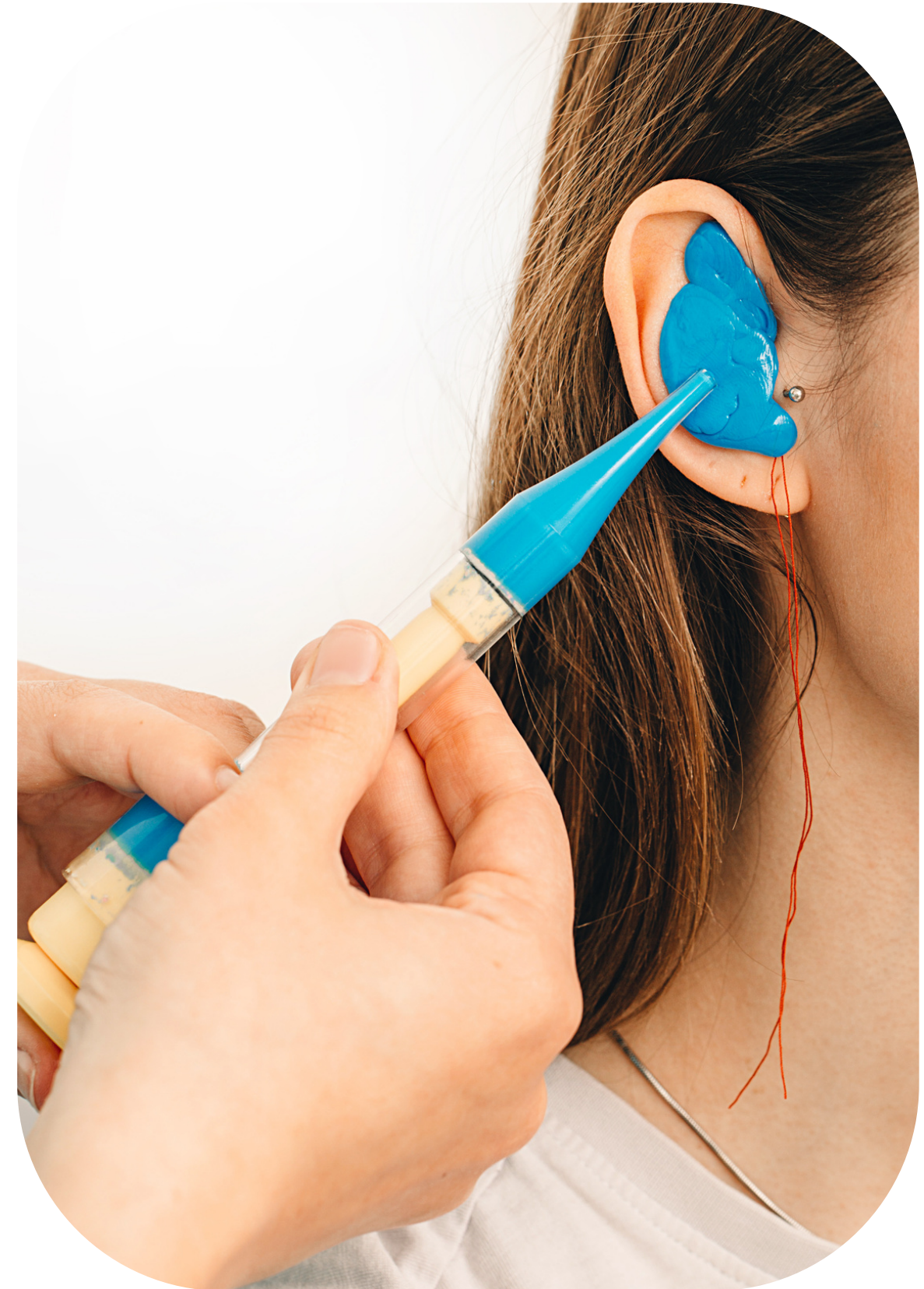


**Now the doctor will mix the clay.**

**Next, the doctor will put the clay in my ear.**

**It will feel cold and wet.**

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**I will wait for the clay to dry.**

**I can set a timer for 5 minutes.**

**I can play with**  
*[insert item brought from home]* **while I wait for the clay to dry.**

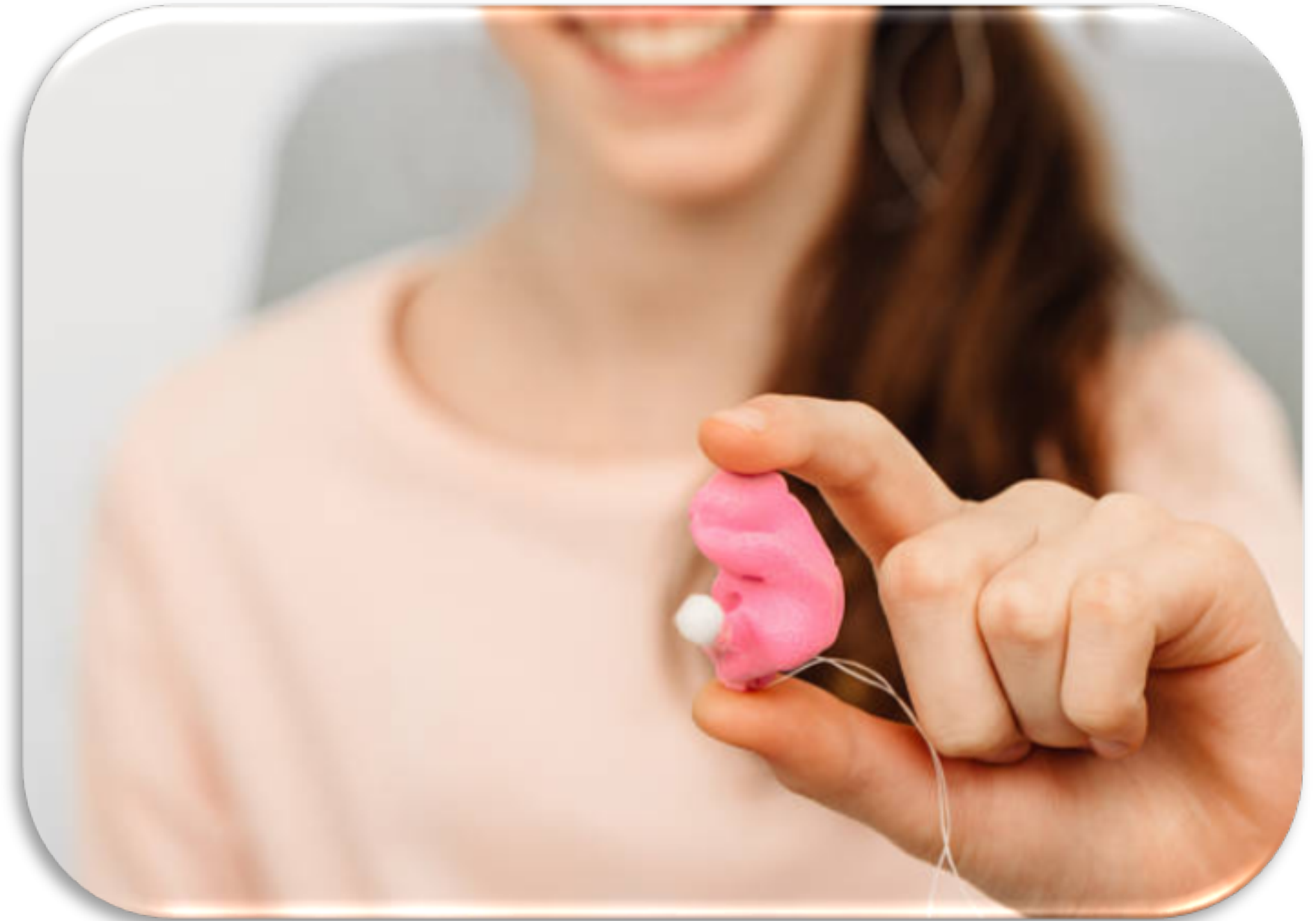


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Note to caregivers: You may want to bring a favorite toy from home to help distract your child while the clay dries.

**When the timer rings, the doctor will take the clay out.**

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**I did a great job helping the doctor make my earmolds.**

**I kept my body calm and still.**

**I am all done! Now it's time for [insert child's preferred activity or reward].**

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*Note to caregivers: If your child is motivated by rewards, it may be helpful to bring an item they can earn for completing their hearing appointment. Decide on this item ahead of time.*

# all done



# The End

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Note to caregivers: Please review the following pages for additional visual supports.



## Caregivers:

Here is a sample “**first-then**” visual to help your child understand how they will earn their reward. When using the blank template on the next page, please add a picture of what your child has selected to earn under the word, “**then.**”

You can present this by saying, “**First hearing doctor, then Nintendo Switch**”.

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# FIRST

# THEN



**“First hearing doctor, then \_\_\_\_\_.”**



## Reward Chart

A **reward chart** can help the child understand how they will earn their reward. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

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**I'm working for**



# I'm working for

□ □ □ □ □ □

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# Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, the doctor will look in your ears with a special flashlight.

Next, they will put a tiny sponge and string in your ear to protect it.

Then, the doctor will put clay in your ear. It will feel cold and wet.

We will wait 5 minutes. When the timer rings, the doctor will take the clay out.

Then you will be all done and can *[insert reward here]*!

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