



I am going to the doctor.



A note to caregivers:

This story outlines a general primary care visit with a vaccine. However, the steps may vary depending on your child's age and needs. Not all sections will apply to your child. You know your child best and can determine which information to share.

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Read this first and choose what information you think will be helpful. Advance warning and practice are helpful for many children. However, you may decide that a social story is not the best way to prepare your child. You know your child best, if you decide the social story provides too much information and your child would do better with a visual schedule right before their doctor visit and vaccine, please feel free to use the picture schedule at the end of this book. .

In this story we refer to vaccine as a “poke” or “pinch.” However, you can determine which language is best to use for your child.

Some children benefit from a reward after a vaccine or doctor appointment. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First poke, then [insert prize here]”).

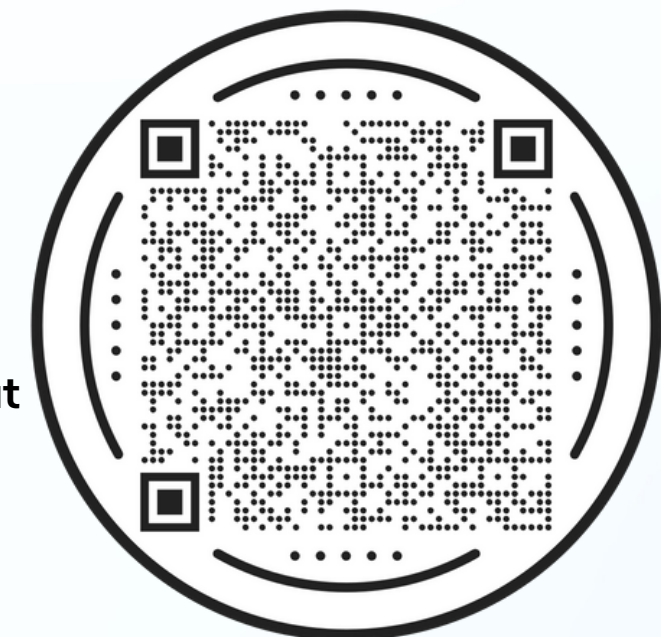
If your child would benefit from distraction during the vaccine such as watching a show (on phone or tablet) or holding a fidget, we recommend bringing items to their appointment.

If your child is having difficulty staying still, it can be helpful to count or sing a song for the duration they need to remain still. Your child may also benefit from practicing this at home.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

We 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 (please scan QR code for link) and bring it with you to the appointment.

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



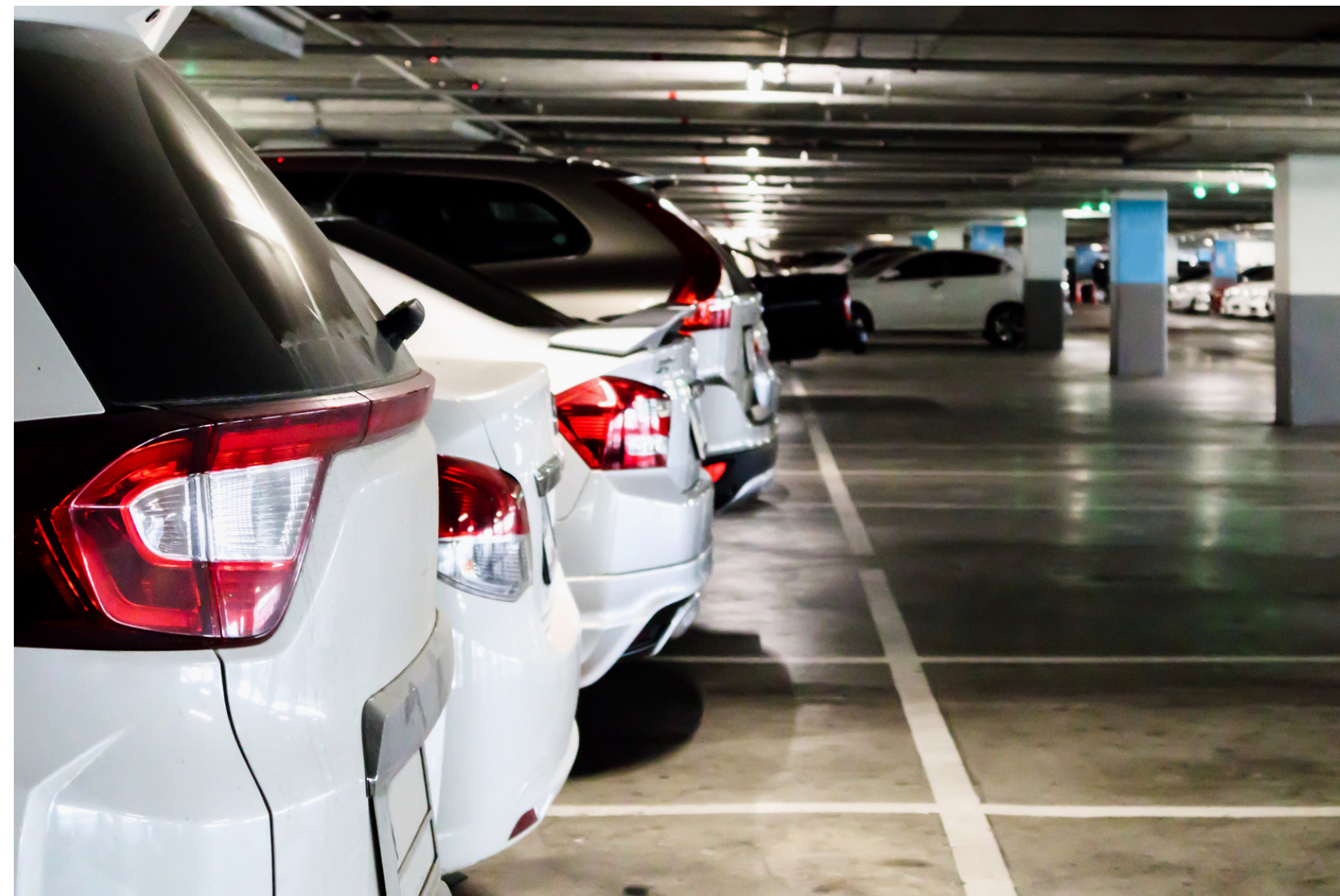
I am going to the doctor.

**The doctor's job is to check my
body and make sure I am
healthy.**



First, we will park the car.

After we park the car, we will walk to the doctor's office.

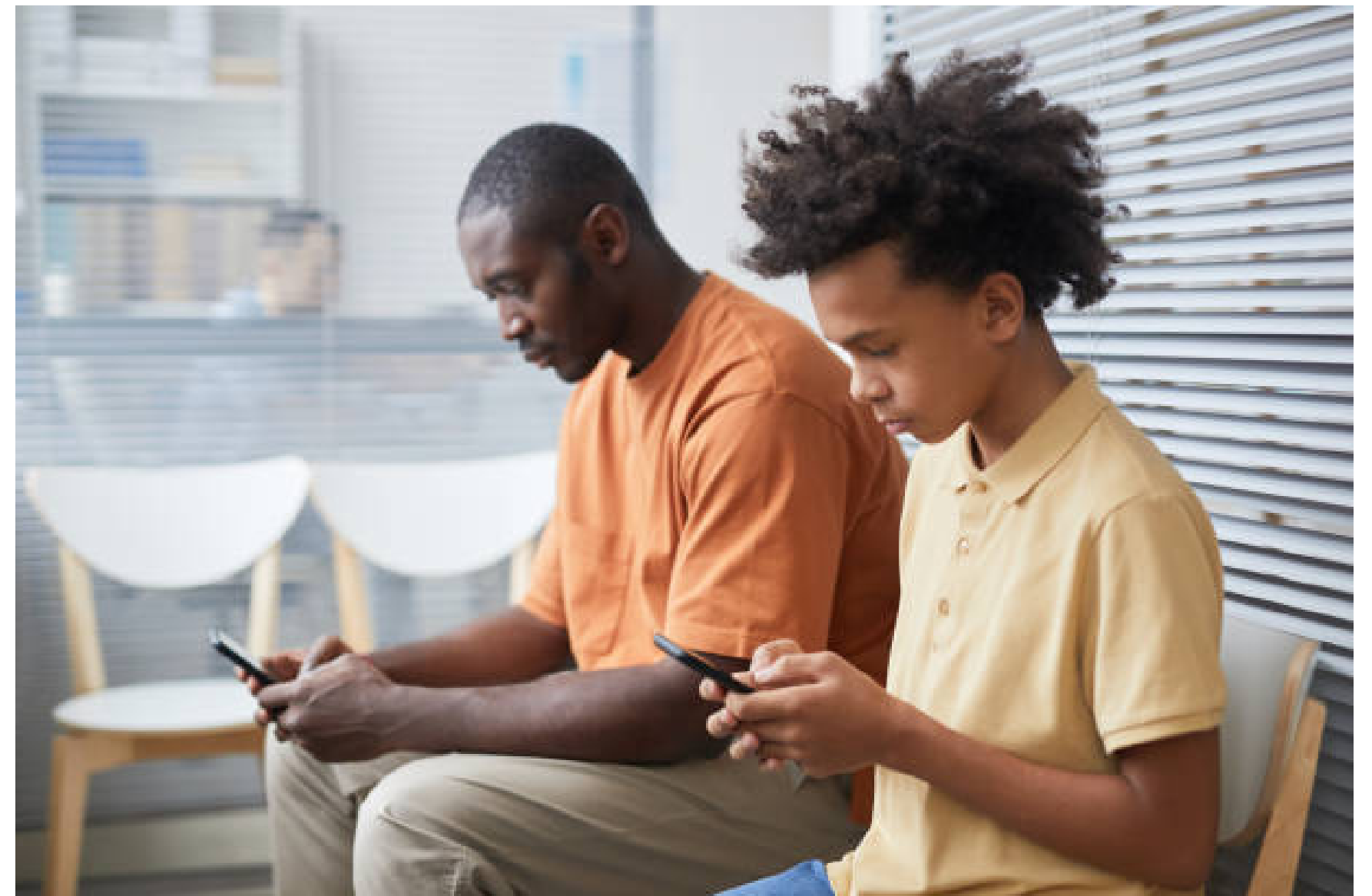


I will check-in at the front desk.



Now I will wait until my name is called. I can [insert preferred activity here] while I wait.

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait.



When my name is called, I will walk to a new room with my [caregiver].



The nurse will check:

- How tall I am
- How big I am
- Take my temperature.



Now I will wait for my doctor.
I can *[insert preferred activity here]* **while I wait.**

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait.



When my doctor arrives, they will ask me and my [caregiver] some questions.



Next, the doctor will check my body to see how healthy I am.

The doctor will listen to my heart and lungs.

The doctor uses a special tool called a stethoscope. It doesn't hurt, but it might feel a little cold.



**Next they will look in my eyes,
nose, ears, and throat with a
special flashlight.**

**The flashlight might feel bright
in my eyes.**

**Some kids say it tickles when it
touches their ears.**



Now I will wait for my nurse.

I can [insert preferred activity here] **while I wait.**

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait.



When my nurse arrives, it will be time for my vaccine.

A vaccine is medicine that helps keep my body healthy.

The vaccine will feel like a small pinch or poke.

I can let the nurse know which arm I want the poke in.



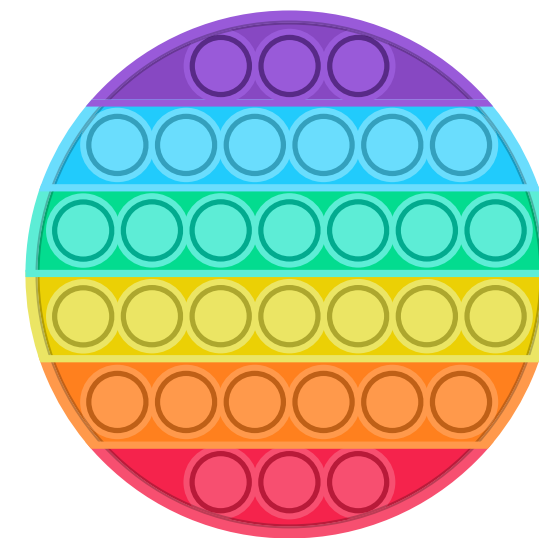
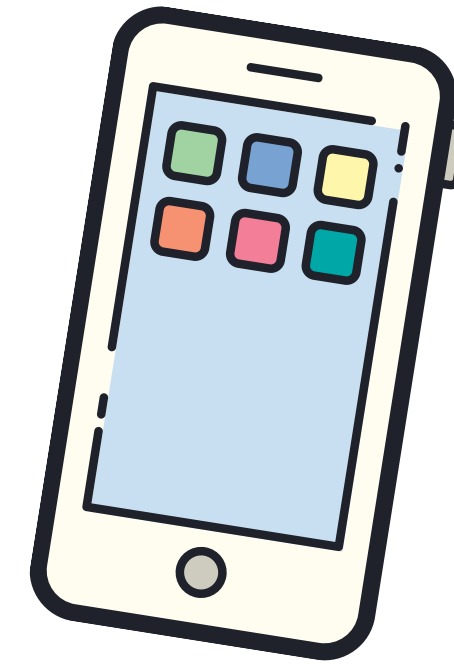
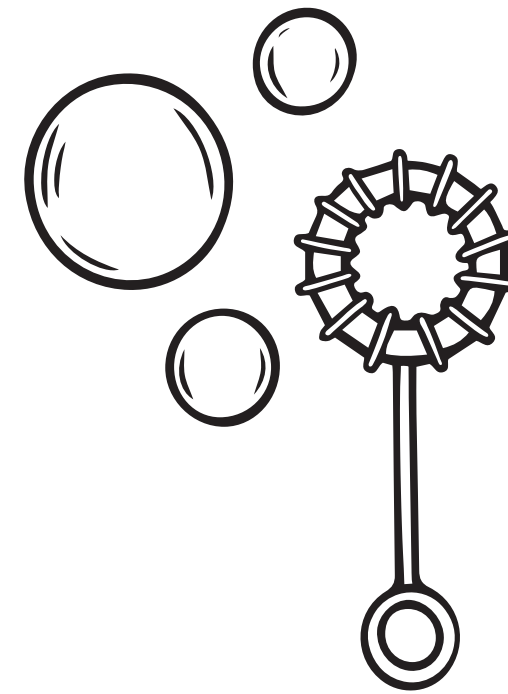
It's ok to feel nervous.

If I am nervous, then I can take a deep breath or [insert distraction item here].

Note to caregivers: If you feel distraction would be beneficial, make a plan ahead of time with your child.

Tell the nurse what they will be doing for distraction (e.g., watching YouTube, squeezing playdoh, etc.). Feel free to substitute an activity that is available and will help keep your child's hands busy and their mind distracted.

If you are using items for distraction, make sure your child is holding the item **BEFORE** they get their vaccine.





First, I will roll up my sleeve.

Next, the nurse will clean my arm.

It will feel cold and wet.



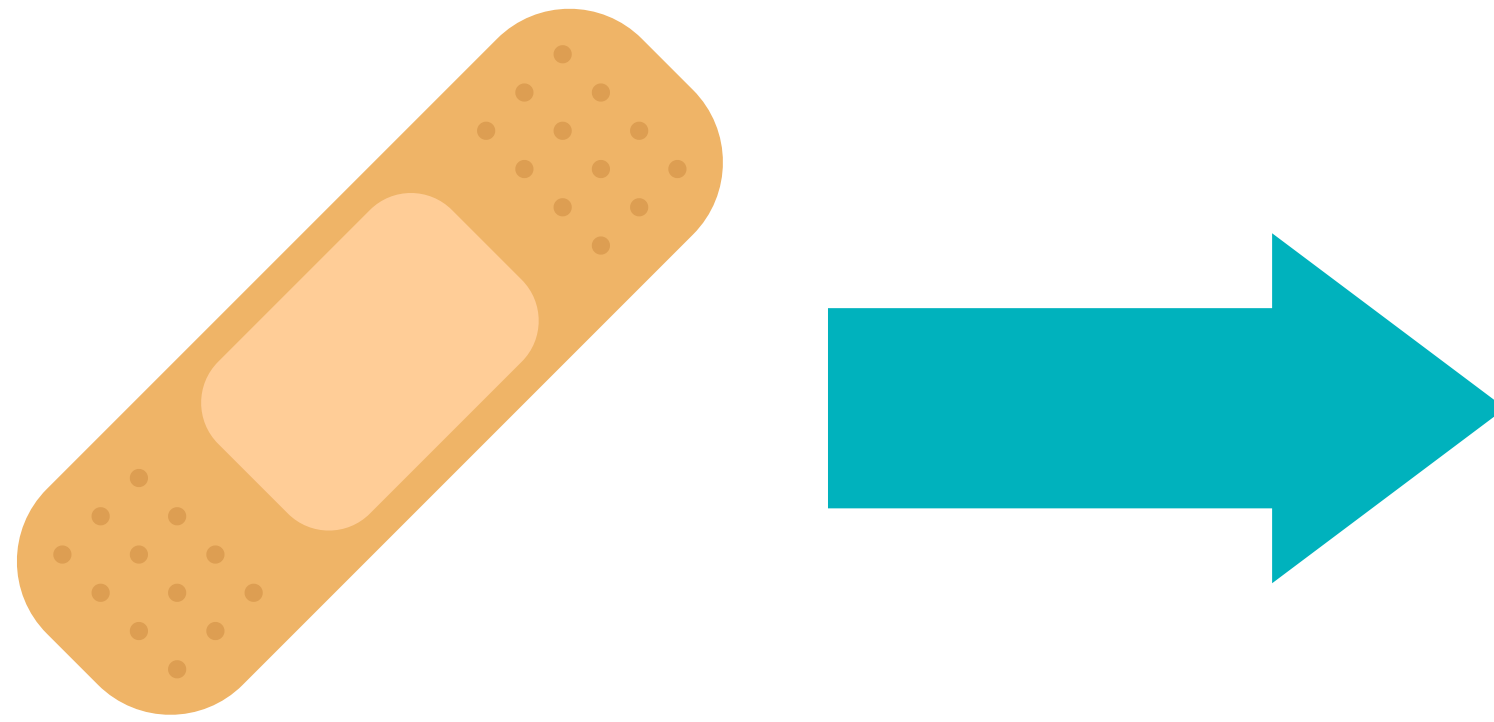
Now the nurse will give me the vaccine.

I will keep my body still/calm.

It will feel like a small poke or pinch.

I can count to 3 and it will be all done.





The nurse will put a band-aid on my arm.

Note to caregivers: Please let the care team know if your child does not like band-aids.

**I did a great job with my
doctor appointment!**

**I was brave and my body was
calm!**

I am all done.

Now I can

[insert reward here].

Note to caregivers: If your child is motivated by rewards, it may be helpful to bring an item they can earn for completing their appointment. Decide on this item ahead of time and bring it to the appointment. Give them the item immediately after completing their appointment!



The End

Note to caregivers: Please review the following pages for additional visual supports that can be used during your visit.

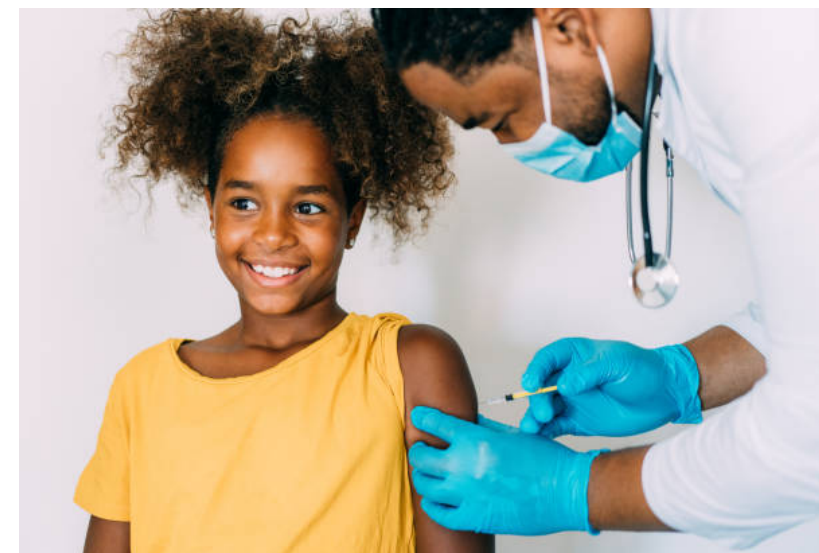


Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after a visit to the vaccine clinic. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

You can present this by saying, “**First poke, then gummies.**”

FIRST



THEN



FIRST

THEN



“First poke, 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.

I'm working for



I'm working for

□ □ □ □ □ □

= □



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:

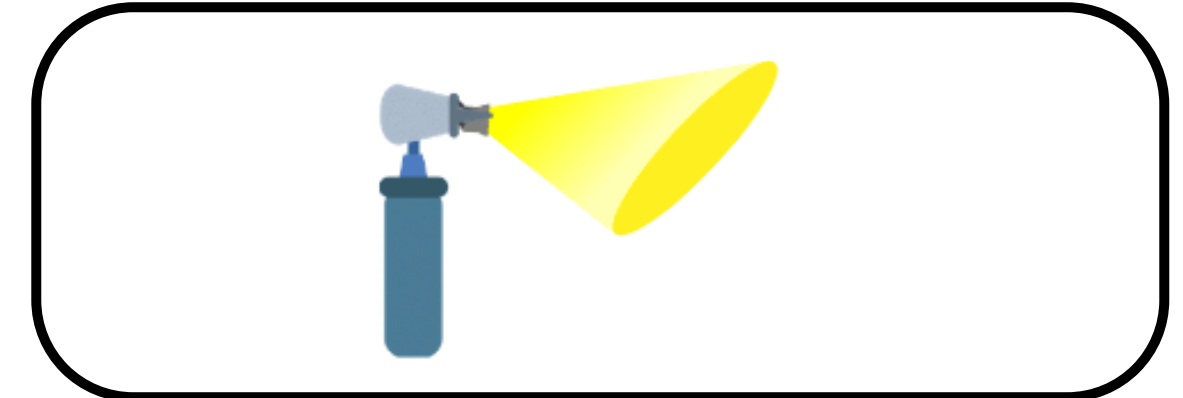
First, the nurse will check how big you are and tall you are and take your temperature.

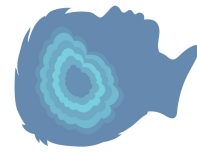
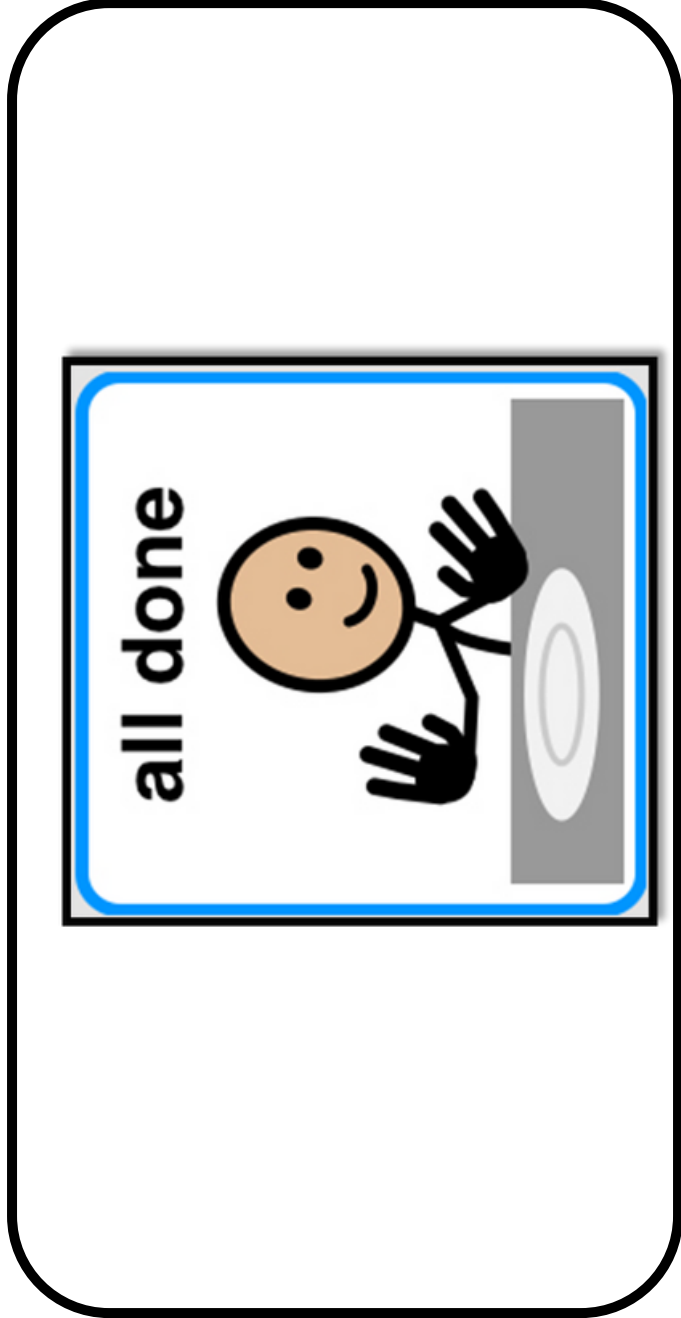
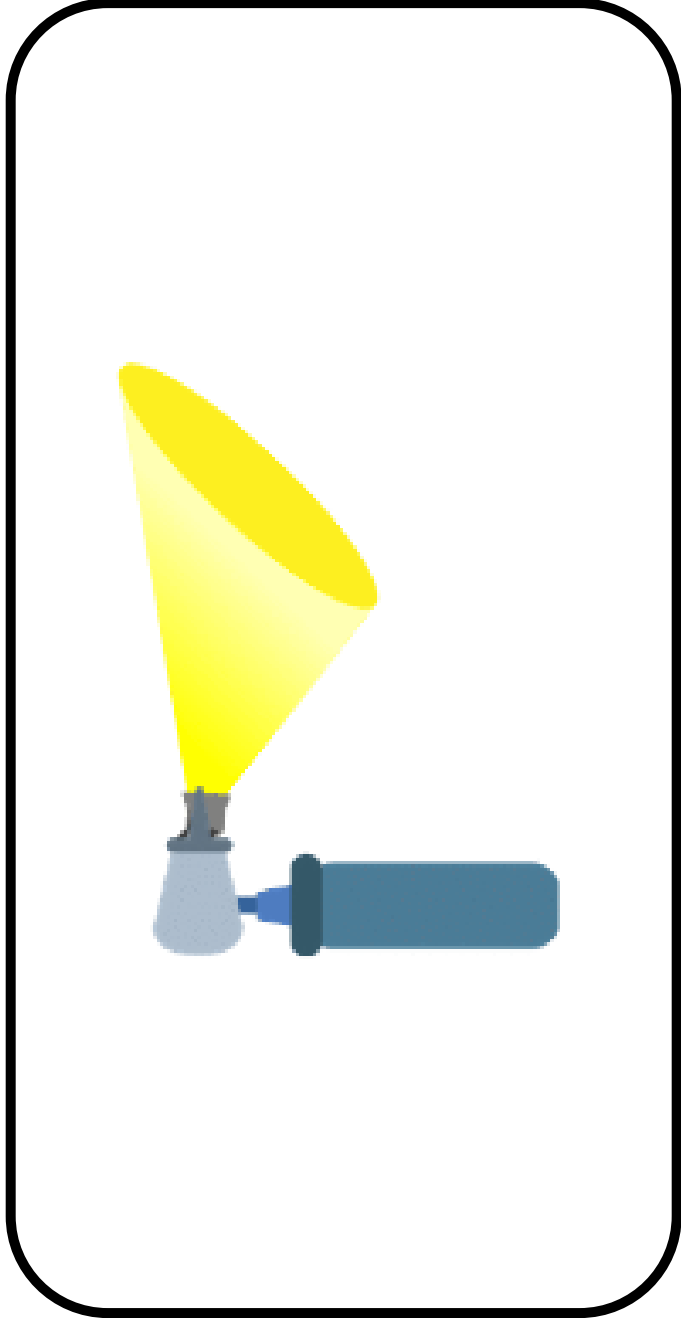
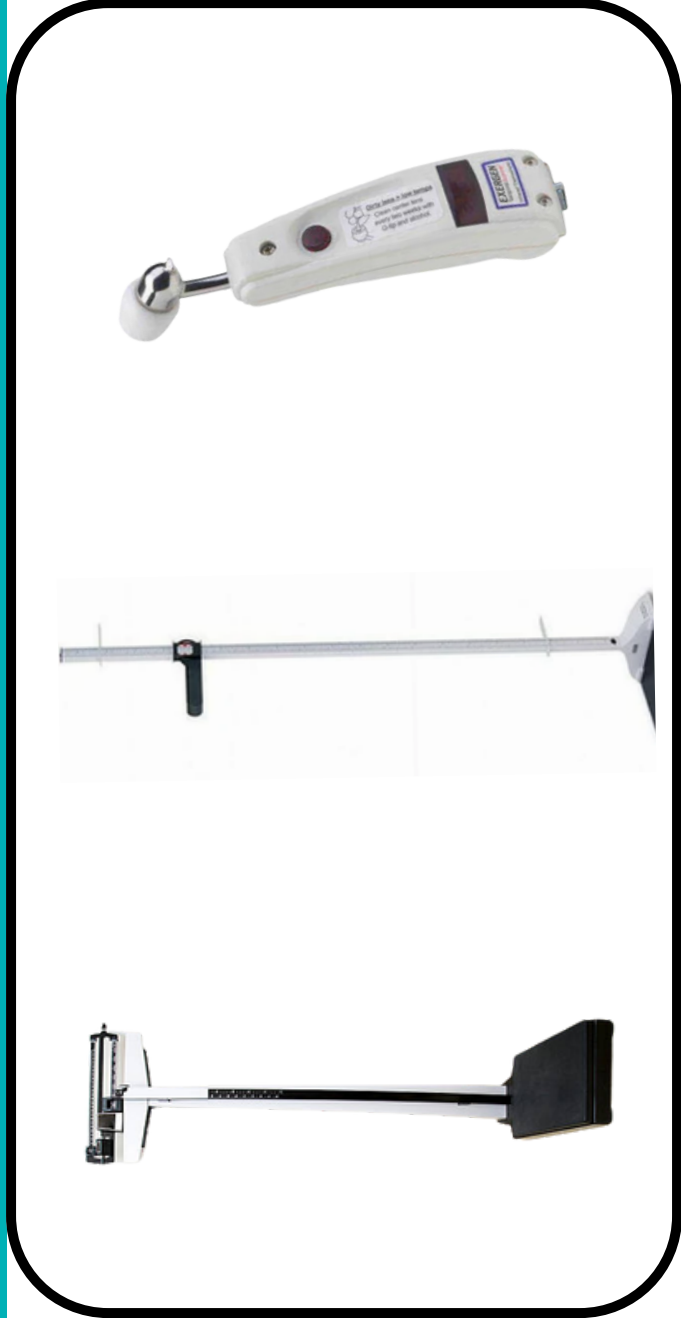
Next, is the doctor will listen to your heart and lungs.

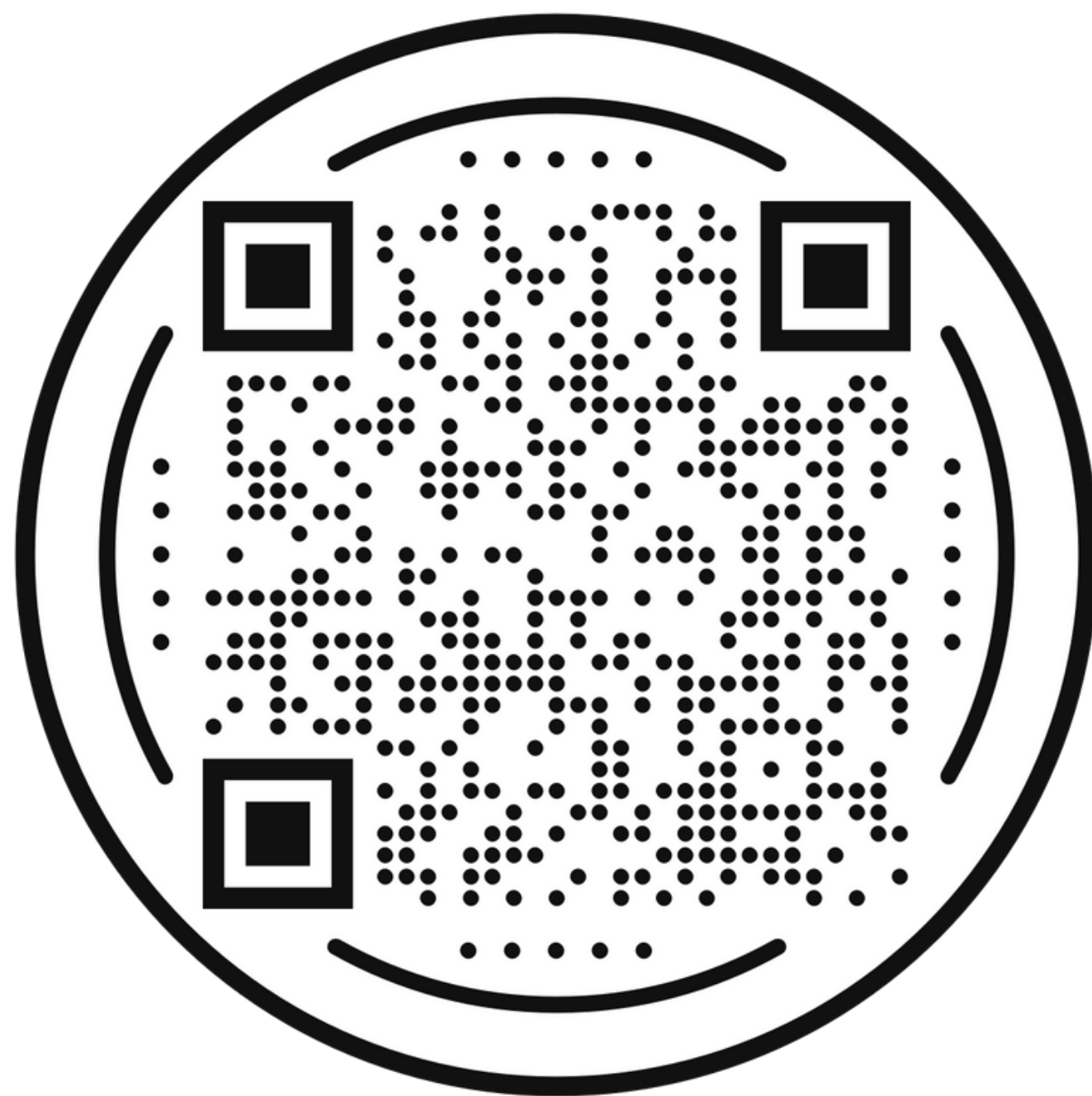
Now, the doctor will look at your eyes, nose, ears and mouth with a special flash light.

Now it is time for the poke. The nurse will clean your arm. It will feel cold and wet. You can count to 3 and it will be all done.

Now, the nurse will put a band-aid on your arm. You are all done and can *[insert reward here]*!







Some children benefit from video modeling before receiving a vaccine. Please scan the QR code to view “Daniel Tiger Goes to the Doctor video.” Review this video first and determine if it would be helpful for your child depending on their age and developmental level.

