




GOING TO THE DOCTOR

Sometimes, I go to the doctor to help keep my body healthy. Doctors help me feel better and make sure I'm growing strong.


 I ride to the doctor's office with a grown-up. There might be other people waiting too.

 When I get there, we check in and wait until it's my turn. I can bring something to do while I wait—like a toy or book.

  A nurse or doctor will call my name and take me to a room. They might check my height, weight, or temperature. That's okay!

 Sometimes they check my ears, eyes, or listen to my heart. It might tickle or feel different, but it doesn't hurt.

 If I need a shot, I can be brave. I can squeeze someone's hand or take a deep breath.

 When my checkup is done, I might get a sticker or a high-five! I can say "Thank you!" and feel proud of myself.

Going to the doctor might feel new, but it helps me stay strong and healthy. I can do it!