I have an appointment at the Developmental Medicine Center. I will go to 2 Brookline Place for my appointment.
First, my caregiver will talk with someone at the front desk. They will ask if we are feeling sick today and may give us new masks to wear.
Next, we will take an elevator to the Developmental Medicine Center on the 4th floor.
Then, we will walk to the front desk. My caregiver will talk with the person at the desk. I can remember to stand still while I wait.
We will sit down and wait until my name is called. I can play quietly while I wait.
When it is my turn someone will say my name. Then I will walk with my caregiver to another room. I will stand on the scale to see how much I weigh.
Then, they will see how tall I am. I will stand very still looking forward with my back against the wall. I may feel a light tap on my head so they can see how tall I am.
Then, I will have my blood pressure checked. A cloth will go on my arm and I will feel a small squeeze. This is okay. I can tell my caregiver how I am feeling. I can remember to keep my body still and take deep breaths.
Then, we will walk down the hallway with my doctor to a new room.
When we get to the new room I will all sit down in a chair. My doctor will talk to me and my caregiver. I can remember to sit still while we talk with the doctor.
Then, I might sit at a table with the doctor and play with puzzles, games, or look at pictures.
Sometimes I will sit at the table with no toys and talk to the doctor.
Then, my doctor will do an exam to check my ears, eyes, and mouth. The doctor will use special tools for my exam. I can let my caregiver know how I am feeling.
My doctor will use a special tool called an otoscope to look at my ears. The otoscope will gently touch my ears. I can remember to sit very still.
Then, my doctor will see how big my head is with a piece of paper. I will sit still while the doctor measures my head.
When I am all done I get to choose a sticker.
I am all done my appointment at the Developmental Medicine Center. Everyone is so proud of me!
Developed By:
Autism Spectrum Center & Child Life Services