

Primary Care

My Hospital Story



Boston Children's Hospital

2022

I am getting ready for my check-up at Boston Children's Hospital. I am going to see my doctor so they can learn more about my body and keep me healthy.



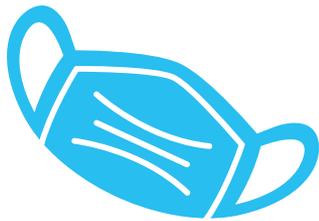


First, my caregiver and I will walk into the hospital.



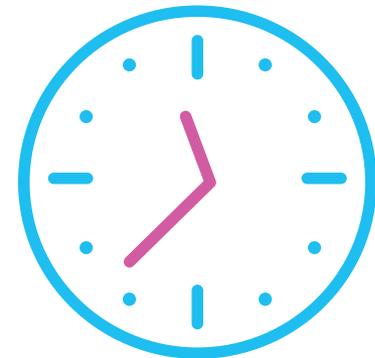
Then we will walk to the front desk. My caregiver will talk with the person at the desk.

They may give us a new mask to wear and I will also get a special bracelet.





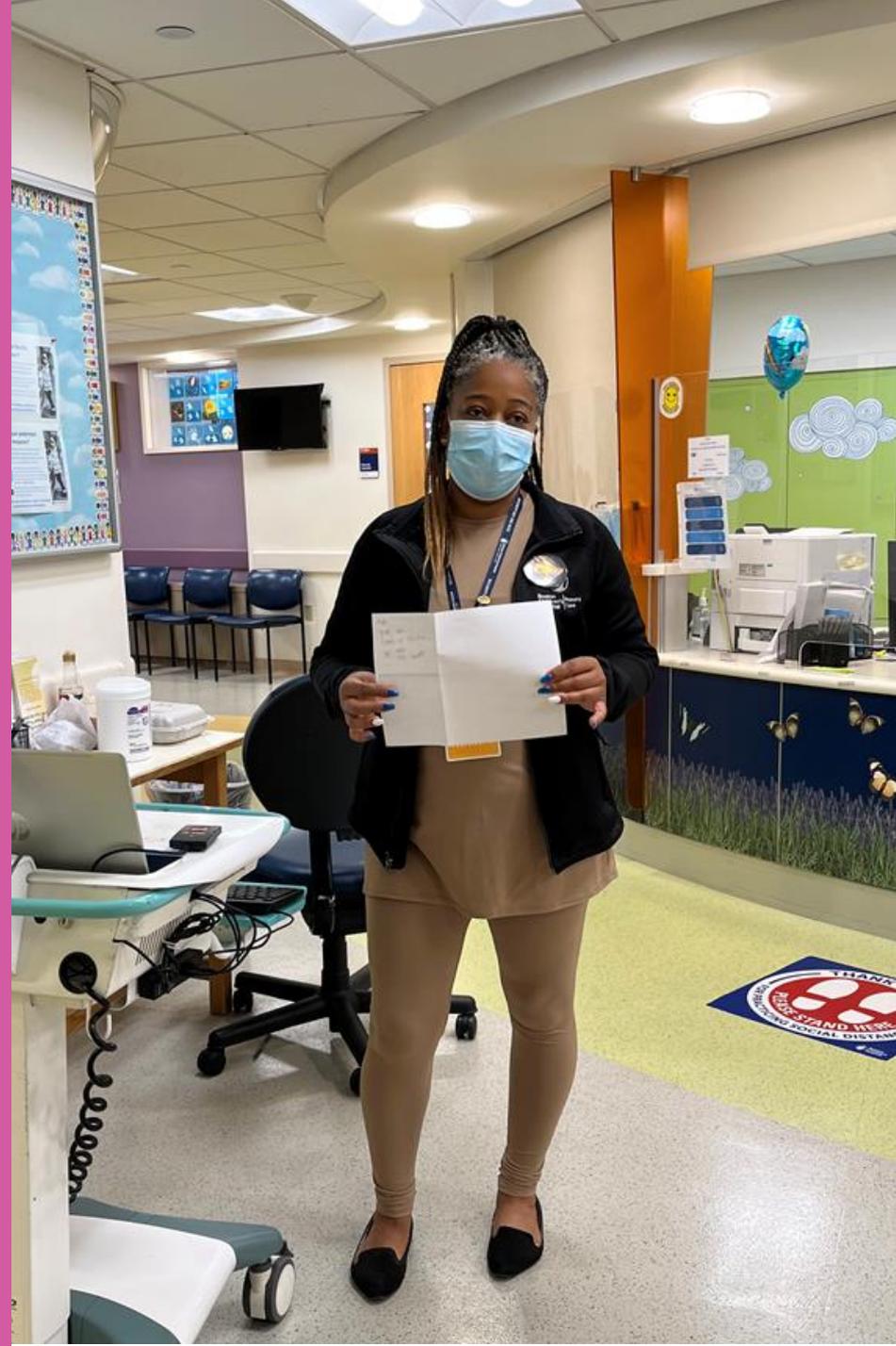
Next, we will sit down and wait until my name is called. I will put my bracelet on my wrist so the doctors know my name and birthday.



When it's my
turn, someone
will say my name.



Then, we will all
walk to a new room.

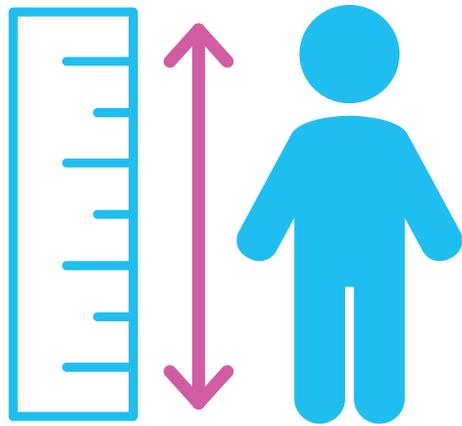




When we get to the new room, I will stand on a scale to see how much I weigh.

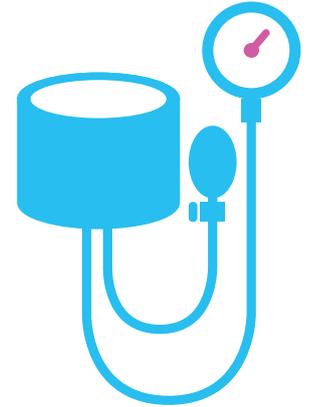


Next, I will stand tall against the wall to see how tall I am. I might feel a light tap on my head.





Next, a cloth will be placed on my arm and I will feel a tight squeeze.



This is OK. I can remember to hold my body still and take deep breaths.



Next, my finger will be placed in something with a red light, called a pulse oximeter.

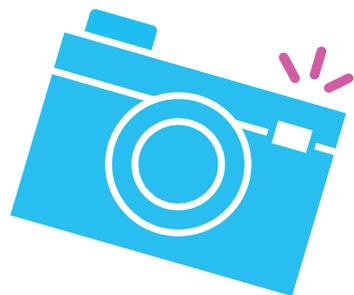
It will measure the oxygen in my body.



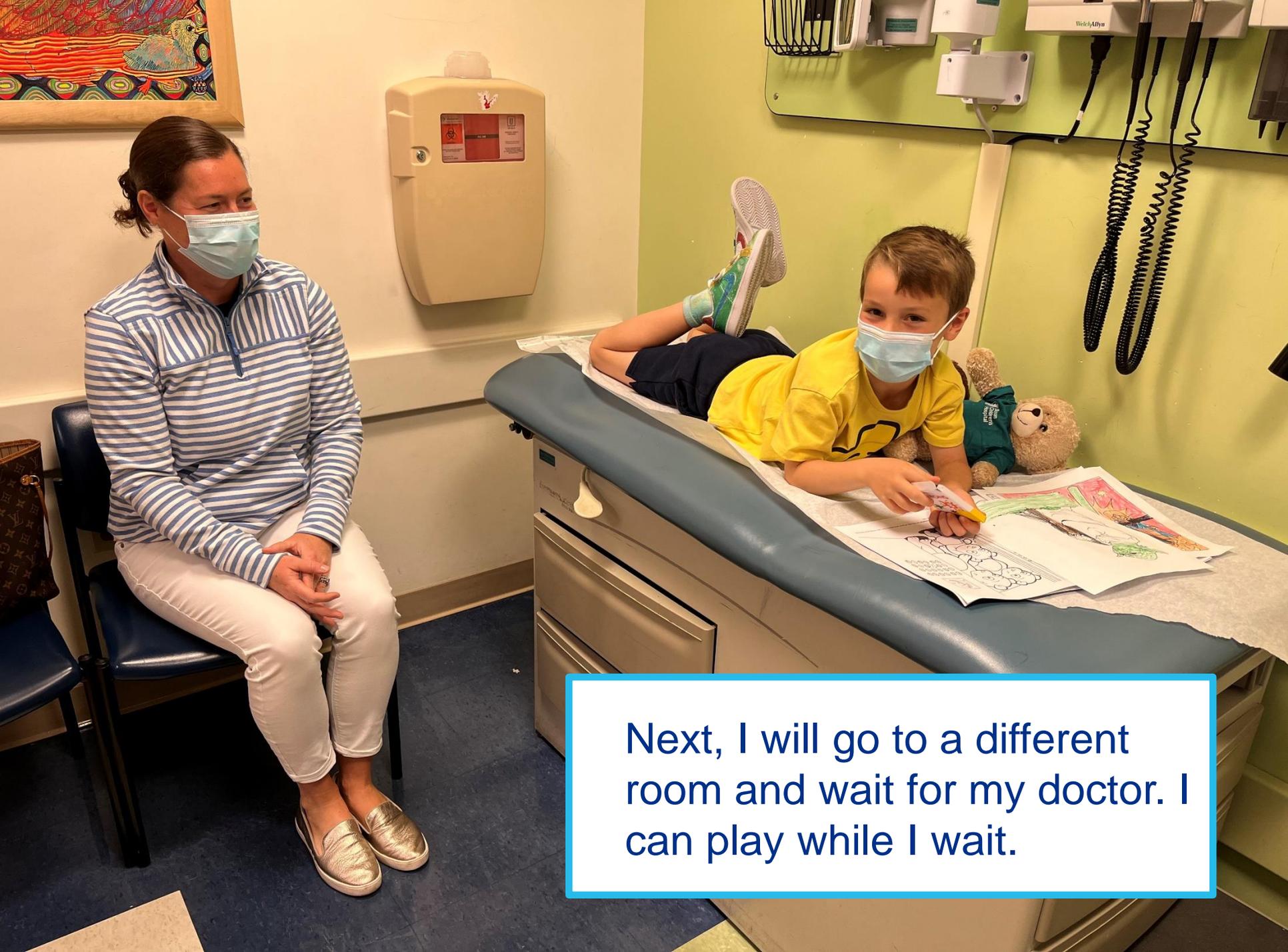


Next, I will listen to music. I will put a soft headphone in each of my ears. I can help by holding the machine and watching until the light turns green.





Next, the lights will be turned off and I will look at a fun camera. I may see colored lights and hear birds chirping.



Next, I will go to a different room and wait for my doctor. I can play while I wait.



When it is my turn, the doctor will come and say hi.

The doctor may ask us questions to learn more about how to help me stay healthy.



Next, the doctor will listen to my heart and lungs with a stethoscope.



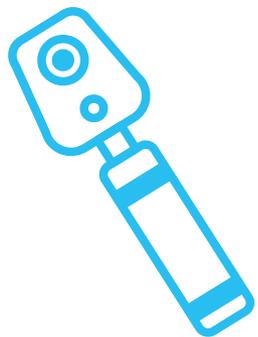
The doctor might ask me to take big, deep breaths.





Next, the doctor will use a little flashlight to look in my ears and mouth.





Next, the doctor will use a magnifying glass like this, to look at my eyes.



If I am not feeling well, the doctor will check my temperature. A thermometer will gently slide across my forehead.

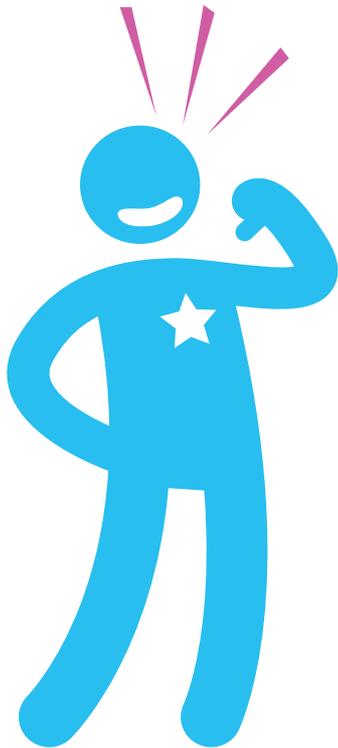




When my
check-up is all
done, I may
get a prize or
stickers!



Everyone
will be so
proud of me!



Developed By:

Autism Spectrum Center and
Child Life Services