

Psychiatry Visit

Girl Version

My Hospital Story



Boston Children's Hospital

**Brookline Place
June 2021**

I have an appointment at the Psychiatry Clinic. 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 Psychiatry Clinic on the 3rd 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, the doctor will call my name. I will walk with my caregiver and 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.



Sometimes I will sit at the table with no toys and talk to the doctor.



Sometimes I will sit outside my doctor's office while my doctor talks to my caregiver. I may color or play a game quietly while I wait.



My doctor may need to see how much I weigh. I will stand still on the scale.



The doctor may need to check my height. 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.



I am all done my appointment at the Psychiatry Clinic.
Everyone is so proud of me!



Developed By:
Autism Spectrum Center & Child Life Services