



# Doctors Visit

Sommerville Social Story



**Sometimes, I need to go to the doctor.**  
Doctors help me stay healthy and feel better when I am sick or hurt.



**Before I go, a grown-up might tell  
me what to expect.**

I may go to a big building called  
a clinic or office.

We might drive there in a car.





**When I get there, we will check in at the front desk.**

Someone may ask for my name and give me forms or ask questions. Then I will sit in the waiting room or in the car. I can bring a toy, book, or headphones if I need to wait.





**A nurse will call my name.**  
I will walk to another room with  
my grown-up.  
The nurse may check my height,  
weight, or temperature.  
They may listen to my heart or  
ask how I am feeling.



**Then, I will wait for the doctor.**

The doctor will come in and say hello.

They might ask questions, look in my ears, eyes, mouth, or listen to my chest.

That's okay—they are helping me. If I feel scared, I can hold someone's hand or ask for a break.





**If I need a shot or test, I will try to stay calm.**

It might pinch or feel strange, but it will be over quickly.

It's okay to feel nervous. I can take deep breaths or squeeze a stress ball.



**When the visit is done, I  
get to go home.**

Sometimes, I get a sticker  
or prize for being brave!  
Going to the doctor helps  
keep me strong and  
healthy.

