

A visit to the doctor

Being healthy is important. I try to eat right, exercise, get plenty of rest and visit the doctor regularly.

The doctor helps take care of my body. Sometimes I visit the doctor for a check-up. Sometimes I see the doctor because I am sick or hurt.

When I get to the doctor's office, I often have to wait my turn. I can bring a book or a tablet or my iPad to help me wait.

When my turn comes, the nurse may weigh me on the scale and take my temperature. The nurse may also take my blood pressure. The band around my arm gets tight for a moment, and I need to sit still.

The nurse may take me to an exam room, and the doctor will come in soon to see me. The doctor may listen to my heart, look at my eyes, look in my ears and look at my throat. I can be calm while the doctor does these things. Being calm means sitting still and talking quietly and keeping my hands to myself.

If I am sick, the doctor may ask what is wrong or where do I hurt. The doctor may give me medicine to take to help me feel better.

The doctor and nurses want to help me feel good and be healthy.