

Talking to the Doctor



PART 1: EXPRESSING FEELINGS

In this section, you'll learn how to express different feelings to your doctor. You'll also find some activities that will help you practice expressing your feelings when you talk to your doctor.

PART 2: ASKING QUESTIONS

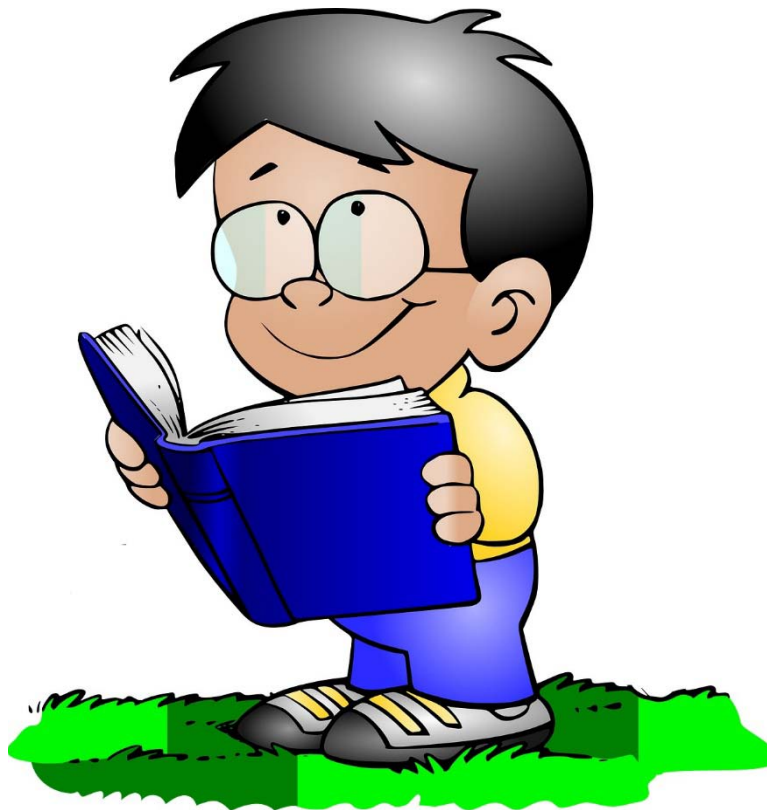
In this section, you'll learn about different types of questions you can ask your doctor. You'll also find some activities to help you learn about different types of questions and how to ask them.

PART 1: EXPRESSING FEELINGS

You can express your feelings in many ways, including:

- Talking
- Signing
- Writing
- Pointing
- Voice output devices
- Drawing and more!

This story is meant to include all types of expression. You can choose which ways work best for you!

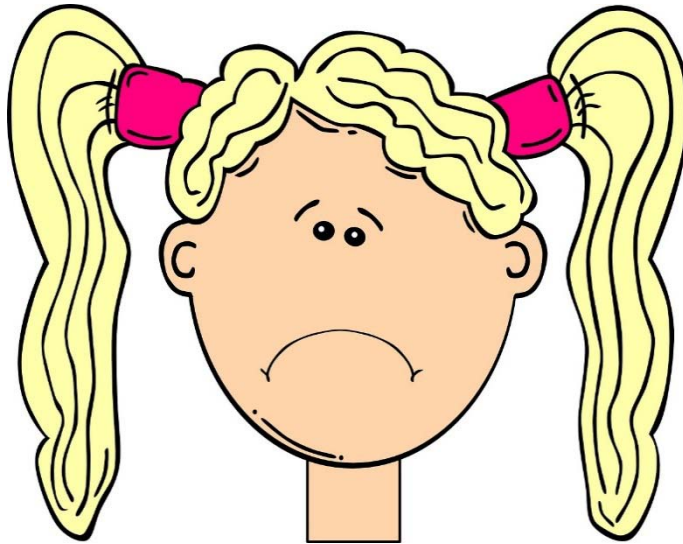


Expressing my feelings is a good way to let people know how I feel. Sometimes, I know what I feel inside, but it can be hard to let other people know how I feel. This is okay.



When I visit the doctor, I will try my best to let the doctor know how I feel. This will help the doctor make me feel better!

Sometimes, I feel angry or sad when people don't know what I am trying to tell them. This is okay.



If I get angry or sad, it can be hard to express how I feel. If I get angry or sad, I can:

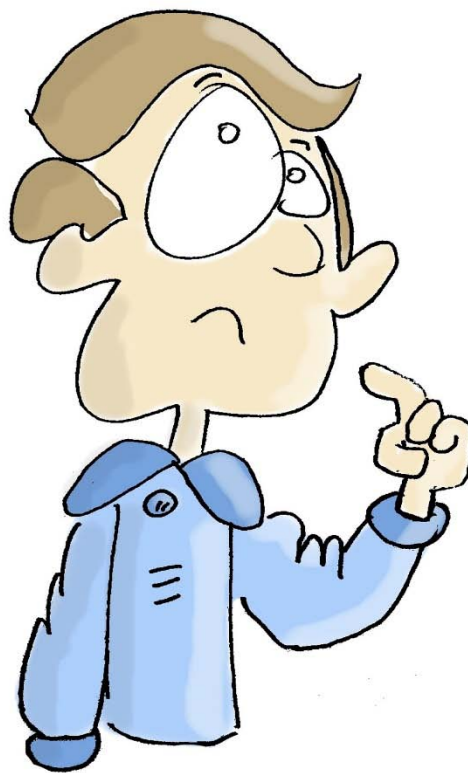
- Take 3 slow, deep breaths
- Count to 10 out loud or in my head
- Ask someone for help

There are lots of different words to express how I feel. My family and friends can help me talk about my feelings if I have trouble finding the right words.



They can also help me learn how to talk about my feelings by myself. This is okay.

When I go to the doctor, there are words about my body that I want to use. I might not know these words as well as other words. This is okay.



I might know what I feel, but I don't always know which words go with my feelings. This is okay.

If part of my body hurts, I can tell the doctor:

- When it hurts
I can say something like “It hurts all the time” or “It only hurts when I am running.”
- Where it hurts
I can say something like “My stomach hurts” or “My leg hurts.”
- How much it hurts
I can say something like “It only hurts a little” or “It hurts a lot.”
- How it hurts
I can say something like “It feels sharp” or “It’s hot, like it’s burning.”

If my breathing changes, I can tell the doctor:

- When it changes
I can say something like “It changes when I run” or “It changes all the time.”
- Where it changes
I can say something like “I feel my breathing change in my chest” or “It’s hard to breathe through my nose.”
- How much it bother me
I can say something like “It bothers me a lot” or “It bothers me a little.”
- How it changes
I can say something like “It’s hard to catch my breath” or “It feels like I can’t breathe very well.”

I can bring this book to the doctor’s office if I want to use these examples to show my doctor how I feel.

Practice Sheet for Sharing Feelings

Here are fun activities that can help me practice sharing my feelings with my doctor.

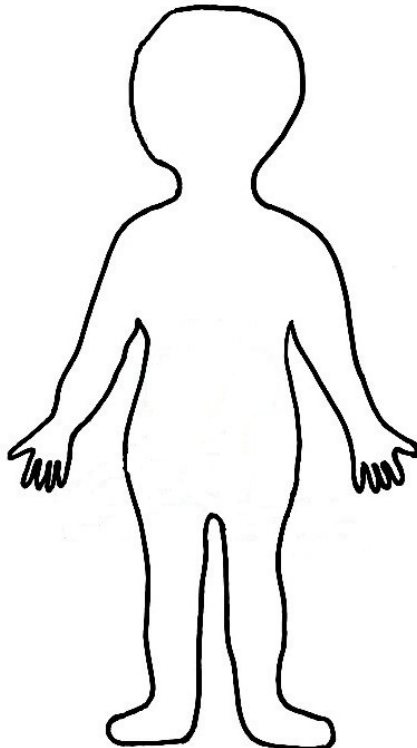
Fill in the blank:

My _____ is hurting or bothering me.

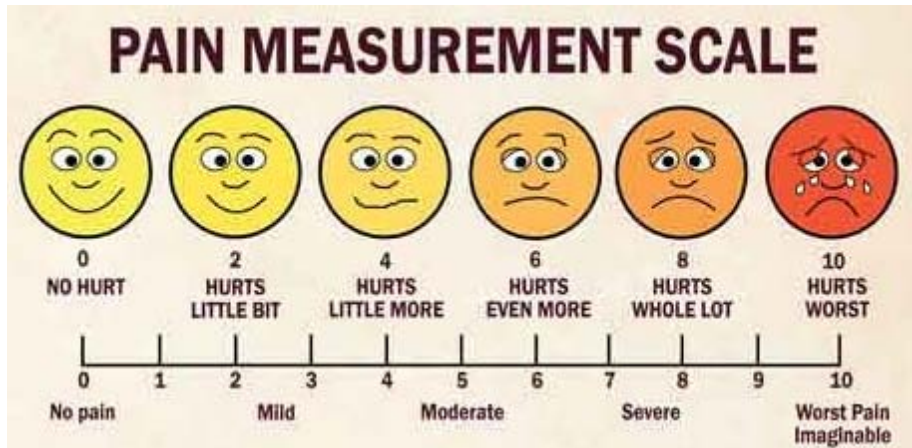
It hurts or bothers me when

How does it hurt or bother me? Some examples are it burns, tickles, smells or bleeds.

Where does it hurt or bother me? Color in the place on your body.



How much does it hurt? Point to the face that best shows how much the part of your body hurts.



There are lots of different ways to express my feelings. If these choices don't work for me, my family can help me think of other ways to express my feelings to my doctor. This can help me feel ready when I visit my doctor.

If I want to practice expressing my feelings, my family can help me. They can pretend to be the doctor and I can express how I feel to them. They can help me if I get stuck because they usually know how I feel.



If I practice expressing my feelings, I might feel more comfortable expressing my feelings when I visit the doctor. If I need help, my family will be there for me.

Learning to express my feelings all by myself will take practice. It's okay to think it's hard to express my feelings.

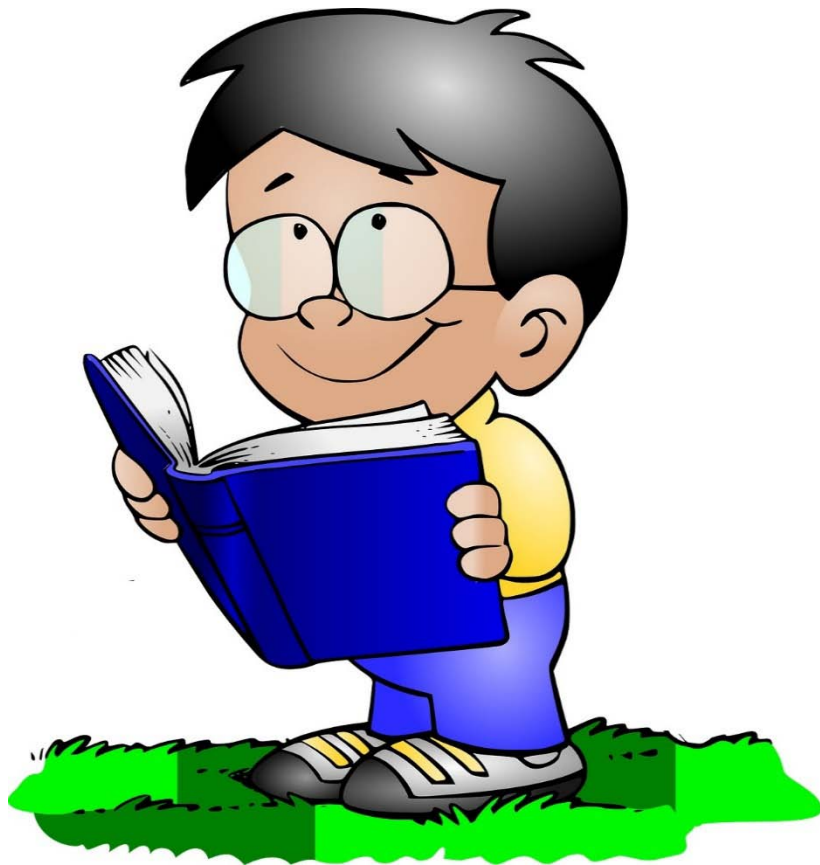


If I have trouble expressing my feelings with my doctor, maybe I can try again next time or the time after that. This is okay.

When I visit my doctor, I can try to remember to be comfortable with sharing my feelings with my doctor. I can use my favorite ways of expressing my feelings! My doctor will be excited and patient when he or she talks to me.

PART 2: ASKING QUESTIONS

Now that I have practiced expressing my feelings with my doctor, I want to learn how to ask questions too!





It can be hard to ask questions because I might not know the right question to ask. This is okay.

There are lots of different words that start a question, like:

- Who
- What
- When
- Where
- Why
- How

They all sound very similar, but I can learn about the differences. My family can help me find the right words to use when I ask questions if I get stuck. This is okay.

Practicing asking questions can help me. My family can pretend to be my doctor. They can help me if I get stuck because they usually know how I feel.



If I practice asking questions, I might feel more comfortable asking questions when I visit the doctor. If I need help, my family will be there for me.

Practice Sheet for Asking Questions

Here are some fun activities that can help me practice asking questions when I visit my doctor.

Fill in the blanks:

Who: _____

Example: Who can help me with my medicine?

What: _____

Example: What types of foods are healthy to eat?

When: _____

Example: When will I start to feel better?

Where: _____

Example: Where can I find my medicine?

Why: _____

Example: Why do I have to change my medicine?

How: _____

Example: How can I get better?

Learning to ask questions takes practice. It can be hard for everyone at one time or another. This is okay.



When I visit my doctor, I can try to remember to be comfortable with asking questions. I can use my favorite ways of asking questions! My doctor will be excited and patient when he or she answers my questions.



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