Doctor Exam Social Narrative

I am going to the doctor. The doctor will check to make sure I am healthy.

I will play or sit in the waiting room until it is my turn to see the doctor. Sometime there are other children playing and it can get loud. If it is too noisy, I can tell my parents and they can find a quiet place to wait.
The doctor will come in and say hi! The doctor may talk with me and ask me some questions. I will do my best to answer the questions.

The doctor will ask me to sit down and take off my shoes. It’s ok to ask for help.

Now it is time for the doctor to check my reflexes. She may tap on my elbows, wrists, ankles and knees using a tool called a reflex hammer.
The doctor will check to make sure my muscles are working.

I will squeeze the doctor’s fingers.

The doctor will look at my hands.
I will sit back or lie down and let the doctor listen to my heart and belly. The doctor may also feel my belly.

The doctor will listen to my heart and lungs. I will stay still and quiet.
I will open my mouth wide so the doctor can look in my mouth and at my throat.

The doctor will look at my eyes with a bright light. I will open my eyes wide.

I will sit still while the doctor uses a soft tape measure to measure the size of my head.
I did a good job listening and following directions!