

How to use a social story:

1. When your child is in a happy mood, review the social story at least 3-5 times the week before the visit. If your child becomes upset, take a break and try again later.
2. Talk positively about the clinic, doctors and medical staff.
3. It's suggested to bring your social story with you the day of your visit to assist with transition and create a sense of familiarity.



My Visit to Pence Pediatrics

At Children's Specialty Clinic SLV



CHILDREN'S SPECIALTY CLINIC
San Luis Valley



Children's Hospital Colorado



Medical Alumni Association
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

*This social story was adapted with permission from a social story developed by the Child Life Department at Children's Hospital Colorado.

Children's Specialty Clinic: 719-852-3742 | childrenspecialtyclinic.org

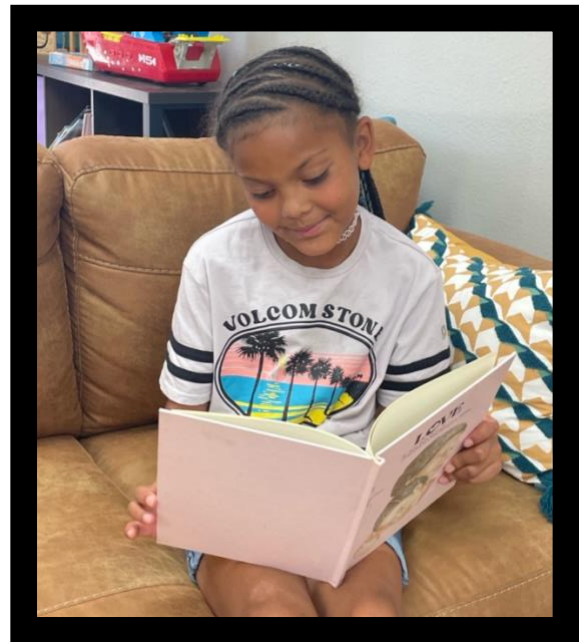
**I am going to the Children's
Specialty Clinic so that my family
can make sure that I am healthy.**





My parents sign us in at the registration desk.





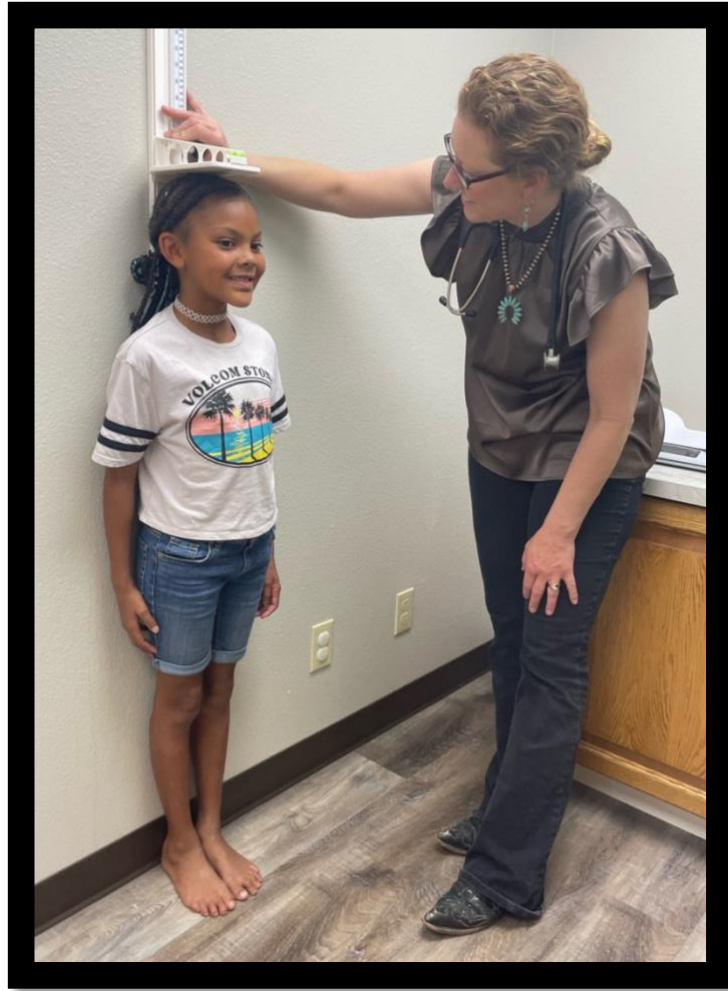
Then we go to the waiting area. I can sit or play or read. There are fun things to play with. I can bring some of my own things from home, too. Some things I would want to bring are: _____





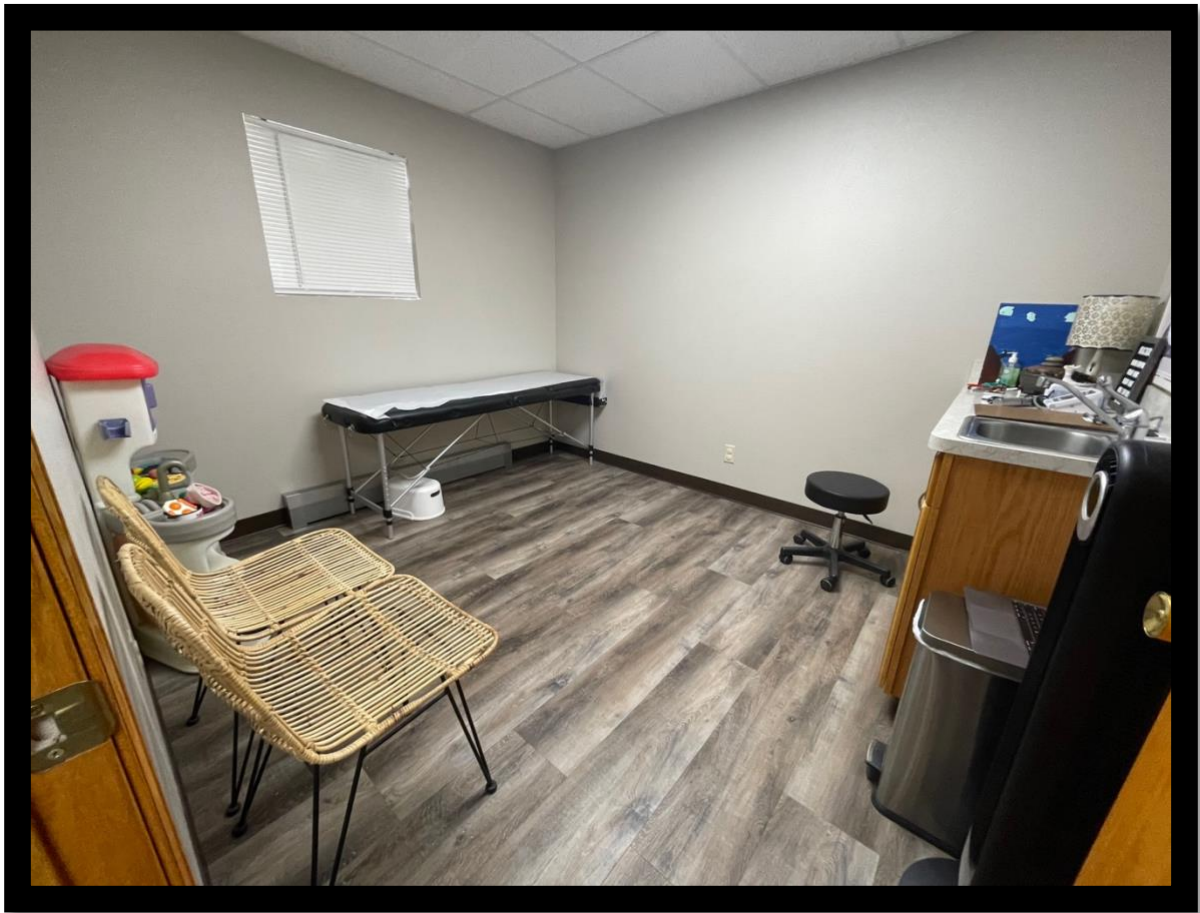
When my name is called, I go into the clinic area. My parents will go with me. First, I get weighed. I take off my shoes, and then I stand on the scale. I hold still.





I keep my shoes off and stand against the wall. A ruler slides down just above my head to see how tall I am. I stand up very straight and still. It does not hurt.





I go into the room with the doctor. There may be a tall table for me to sit on. There is a computer that is only used by the doctors and nurses.





The doctor or nurse comes in to talk with my parents about me. I can listen to them or play with a toy. The doctor or nurse may ask me questions. I will try to answer them.



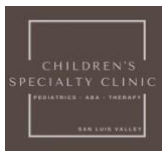


I get my blood pressure checked. A cuff is placed around my arm. It feels like a tight squeeze for just a little bit. I watch the numbers or listen to the machine beep until the squeeze is over. I hold still so it goes quicker.





Next, I will get my temperature checked. A thermometer is placed in my ear or over my forehead. I will hold still until someone says I am all done.





The doctor will use a small light to look at my eyes and nose.





Then, the doctor uses a small flashlight to look inside my ears and mouth. I hold my body still. I open my mouth real big so they can see inside.





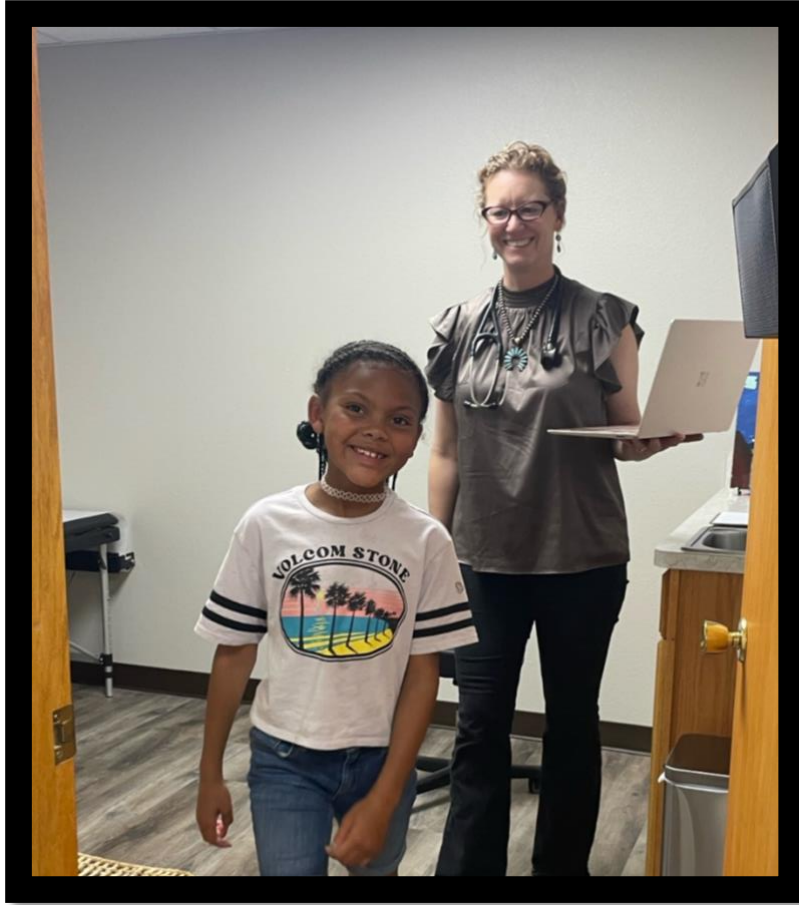
After that, the doctor will listen to my heart with a stethoscope. I may be asked to take a deep breath in and out. I can ask them to wait anytime if I need a break.



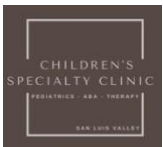


Then, I will lay flat on my back on the exam table. The doctor will gently feel my belly with their hands.





**When I am finished with the doctor,
my parents will set up my next
appointment. I am all done for
today!**





**After leaving the doctor's office, I
get to do a special activity. My
special activity is:**



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