

# Primary Care

My Hospital Story



**Boston Children's Hospital**

2023

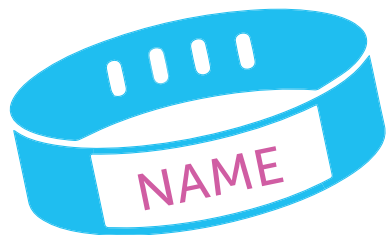
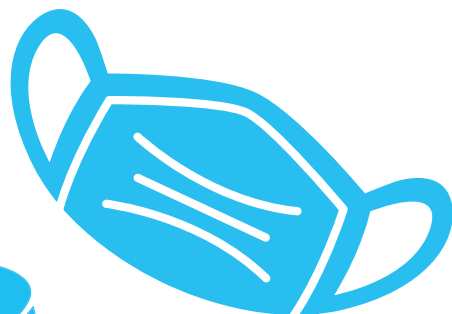
I'm getting ready for my check-up at Boston Children's Hospital. I'm going to see my doctor so they can learn more about my body and keep me healthy.





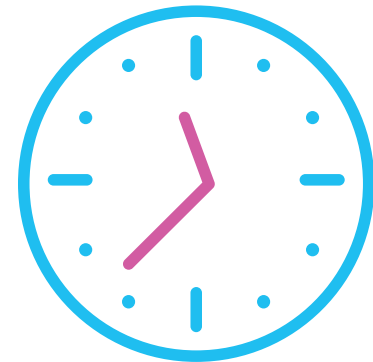
First, we will walk to the front desk. My caregiver will talk with the person at the desk.

They may give us a new mask to wear and I will get a special bracelet.





Next, we will sit down and wait until my name is called. I will put my bracelet on my wrist, so the doctors know my name and birthday.

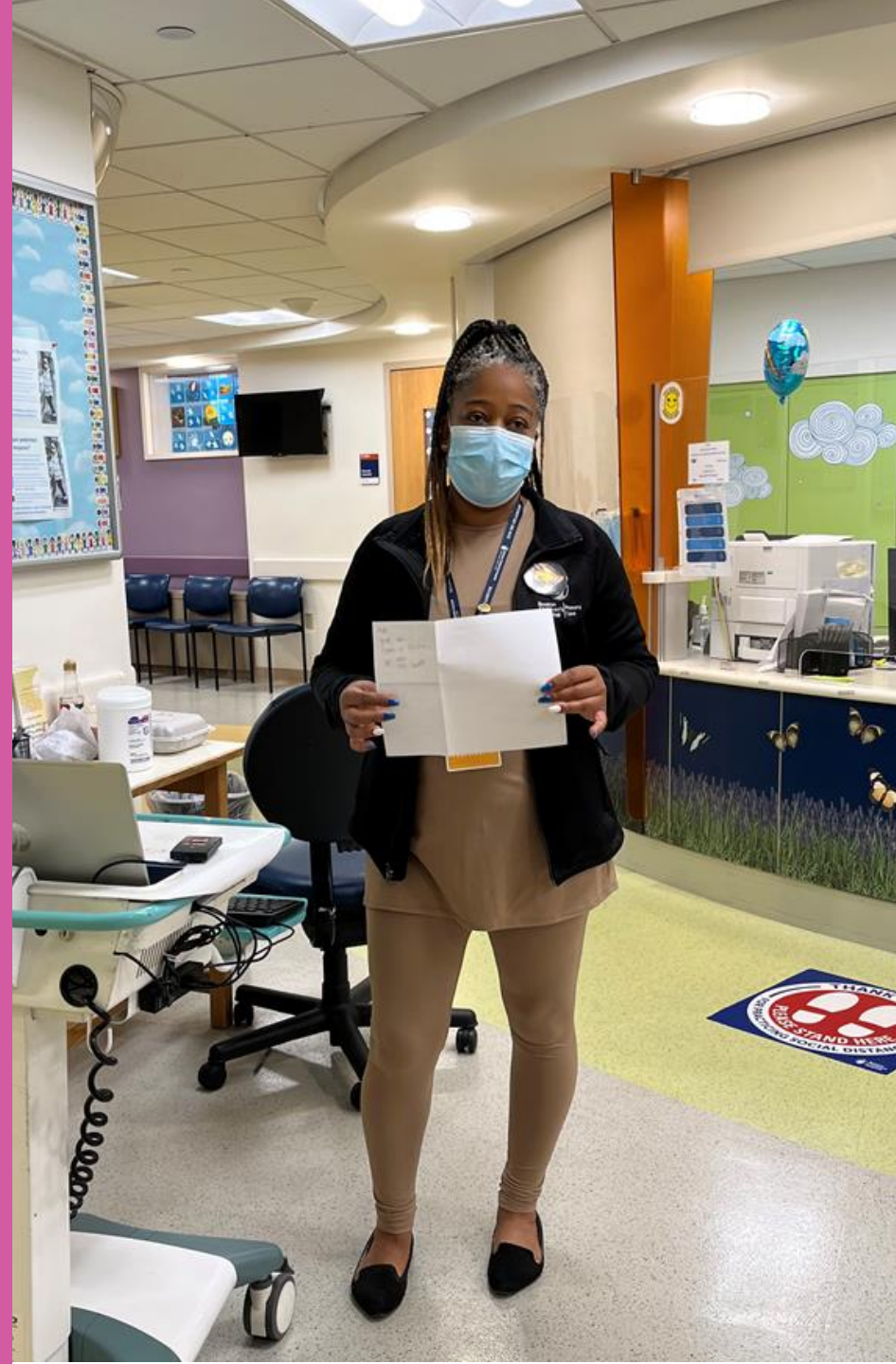




When it's my  
turn, someone  
will say my name.



Then, we'll all walk  
to a new room.



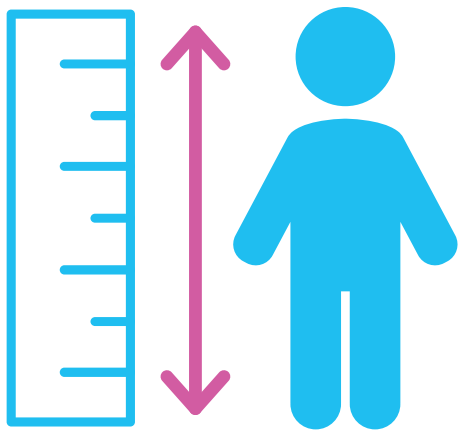


When we get to the new room, I will stand on a scale to see how much I weigh.



Next, I will stand up  
straight against the wall  
to see how tall I am.

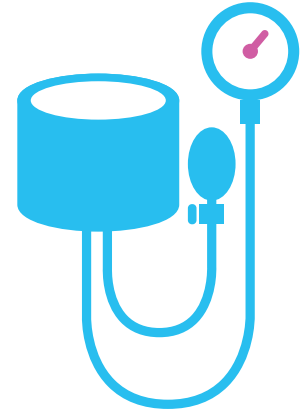
I might feel a light tap  
on my head.



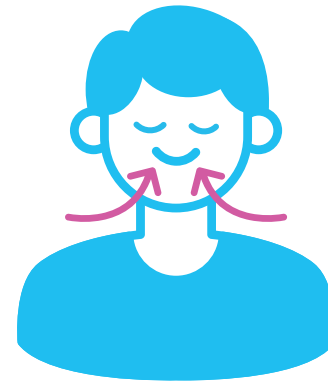




Next, a cloth  
will be placed  
on my arm and  
I will feel a tight  
squeeze.



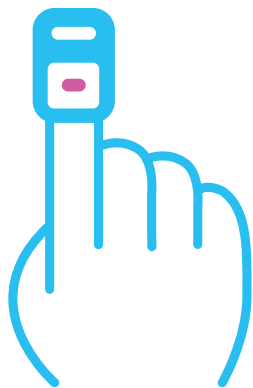
This is OK. I can remember  
to hold my body still and  
take deep breaths.





Next, my finger will be placed in something with a red light, called a pulse oximeter.

It will measure the oxygen in my body.

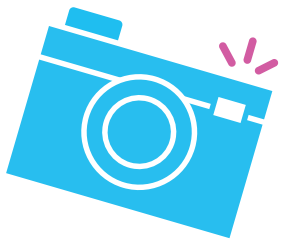




Next, I will listen to music. I will put a headphone in each of my ears. I can help by holding the machine and watching until the light turns green.







Next, the lights will be turned off and I'll look at a fun camera. I may see colored lights and hear birds chirping.



I will wait for my doctor. I can play while I wait.





When it's my turn, the doctor will come and say, "Hi."

The doctor may ask us questions to learn more about how to help me stay healthy.



Next, the doctor will listen to my heart and lungs with a stethoscope.



The doctor might ask me to take big, deep breaths.

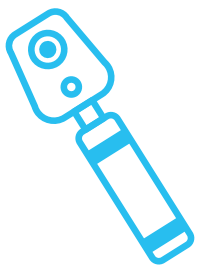






The doctor will use a little flashlight to look in my ears and mouth.





Next, the doctor will use a magnifying glass,  
like this, to look at my eyes.





If I'm not feeling well, the doctor will check my temperature. A thermometer will gently slide across my forehead.



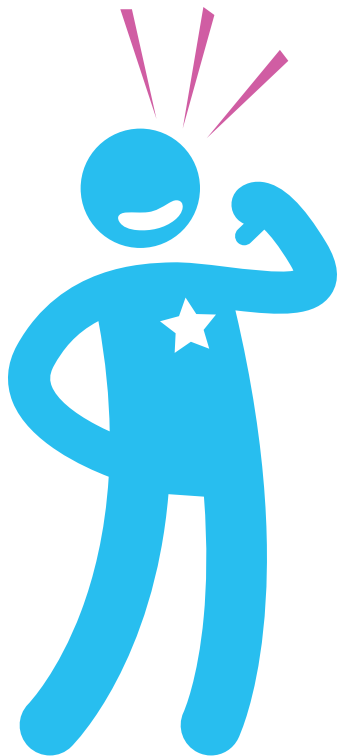


When my  
check-up is all  
done, I may  
get a prize or  
stickers!





Everyone will be  
so proud of me!



**Developed By:**

Autism Spectrum Center and Child Life  
Services