



I visit the doctor regularly.

I go to the doctor or nurse to check how my body is working and growing. I also go when I am sick. Whenever I go, the doctor, nurse, and I ask each other questions about my health. At the office, they may:

Check my height and weight

- I step on a scale that weighs me. Sometimes I take off my shoes before getting on the scale.

Check my blood pressure

- It is important to find out how hard my heart is pumping my blood through my body.
- They use a cuff on arm which gets tight. It might be uncomfortable, but it only lasts a couple of minutes. I stay calm.

Check my heart

- A stethoscope is used to hear my heartbeat and how my lungs sound.
- The stethoscope might be cold. I can ask them to warm it before putting it on my chest or back. It won't hurt me.





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Check my temperature

- A thermometer is used to see if my body is the right temperature. If it is too high, I might have a fever or I might have a virus or infection.
- There are different kinds of thermometers. I listen to the doctor or nurse's instructions.

Check my ears and my hearing

- The doctor or nurse will shine a light in my ears to see inside.
- They may use a machine that beeps to check my hearing. It is important to make sure I can hear sounds around me.

Check my eyes and my vision

- The doctor or nurse may shine a light in front of my eyes to check them. They may ask me to look at the light when they move it.
- I may be asked to read letters, numbers, and symbols on a chart. I follow the instructions they give me. It is important to make sure I can see things around me.

Check my reflexes

- The doctor or nurse may tap my knee, arm, and feet with a small hammer to see how they move.
- They are not trying to hurt me.
- I stay calm when they check my reflexes.





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Check my urine

- The doctor or nurse may ask me to go into the bathroom to pee in a cup.
- I listen to their instructions.
- They want to check to see if my body is working on the inside.

