

PREPARING YOUR CHILD FOR THEIR DOCTOR VISIT

A Guide for Caregivers and Kids



SANFORD
HEALTH

fit

238-447-447

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PDF COPY OF THIS BOOK!



A check-up is an opportunity to protect your child from illnesses, check their growth, spot any developmental issues, and check in on their mental health. Don't wait until they're sick! Well child visits are essential preventive medical care. Here is some information to help you navigate your child's check-ups and get them ready for their visit.

Help Your Kid Cope

Many kids feel nervous or scared about going to the doctor. Here are some tips to help them feel more comfortable:



Learn what will happen.

Read a picture book about going to the doctor.



Be honest.

Don't make promises you cannot keep. ("You are not getting a shot this time.")



Get familiar with common tools.

Use a toy doctor's kit to do a practice run.



Offer something to look forward to.

"After the appointment, let's go to the playground."



Help your child feel calm.

Encourage them to bring a stuffed animal.



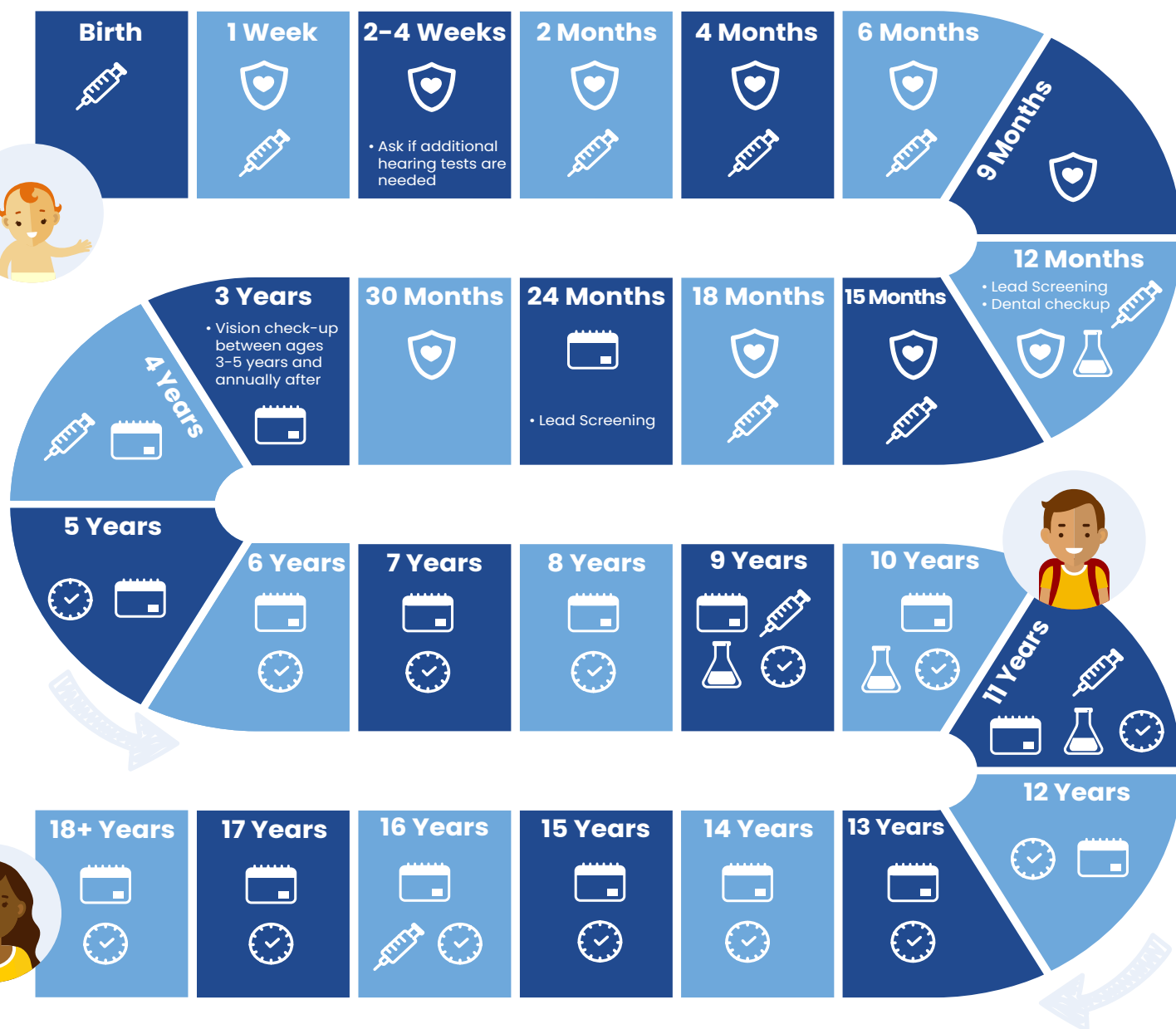
Questions To Ask

1. Is my child's growth and development appropriate for their age?
2. Which milestones should my child reach next?
3. Is it normal that my child _____?
4. _____
5. _____

Well Child Visit & Immunization Road Map

Regular well child visits help healthcare providers to support your child's physical, emotional, and social development. While most immunizations follow the standard schedule, your child's healthcare provider may occasionally recommend vaccines outside of the roadmap based on individual health needs or risk factors. In addition to routine childhood vaccines, children may also need seasonal immunizations such as influenza (flu), COVID-19, and RSV. These vaccines help protect against illnesses that circulate during specific times of the year and may be recommended even if they are not part of the routine schedule.

Hey Caregivers!
Keep this visible for
you to reference!



Annual Vaccines



Well Child Visit



Labs



Immunizations

Developmental
Screening

Find providers & schedule appointments at
www.sanfordhealth.org/doctors

Time for Your Check-Up!



YES! Check-ups are an important part of staying healthy. Your doctor wants to see how you are growing and make sure you are strong and healthy in your body, mind, and feelings.

Still a little nervous? These fun games will help you know what will happen at a check-up.

- Match each doctor's tool to where it's used.
- Help Cole find his teddy bear to take with him to the doctor's office.

JOKE

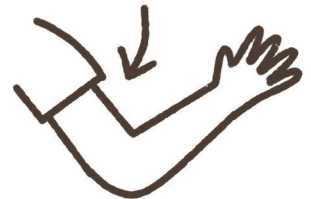
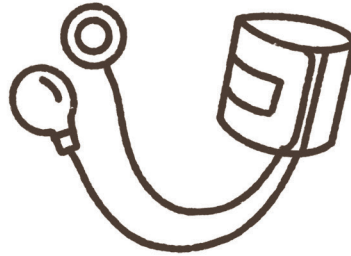
Why did the cookie go to the doctor?

Because he was feeling a little crummy!



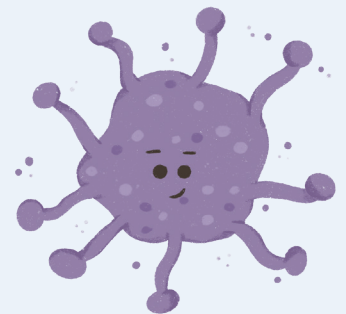
Inside Your Doctor's Tool Kit

Your doctor will use lots of tools at your check-up. Match each tool with where it will be used. Color them in when you're finished.



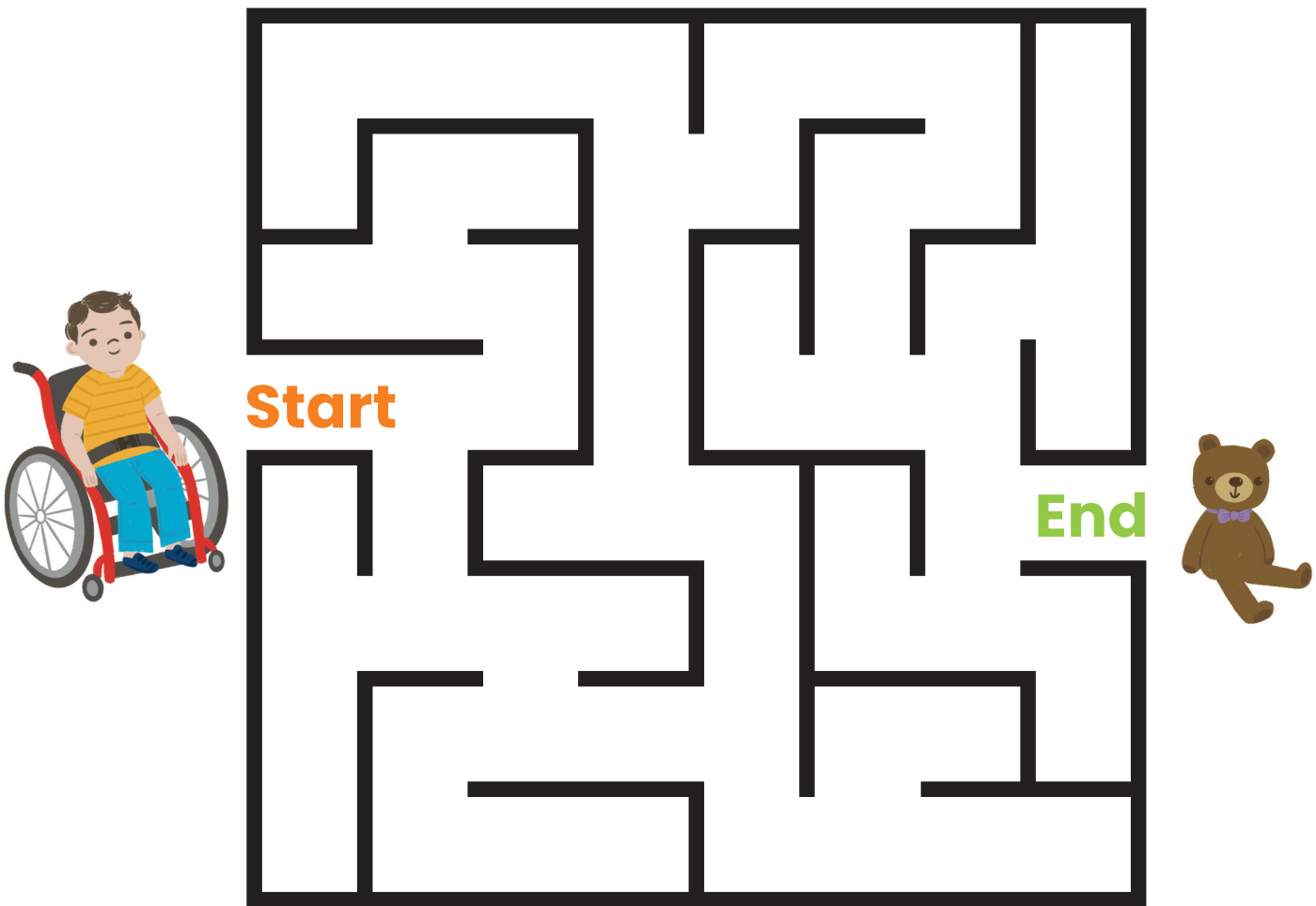
JOKE

Did you hear the one about the germ?
Never mind, I don't want to spread it around.



Grab Your Stuff!

Cole is getting a check-up too. He's a little worried. His teddy bear always makes him feel better, but it's missing! Help Cole through the maze to find it.



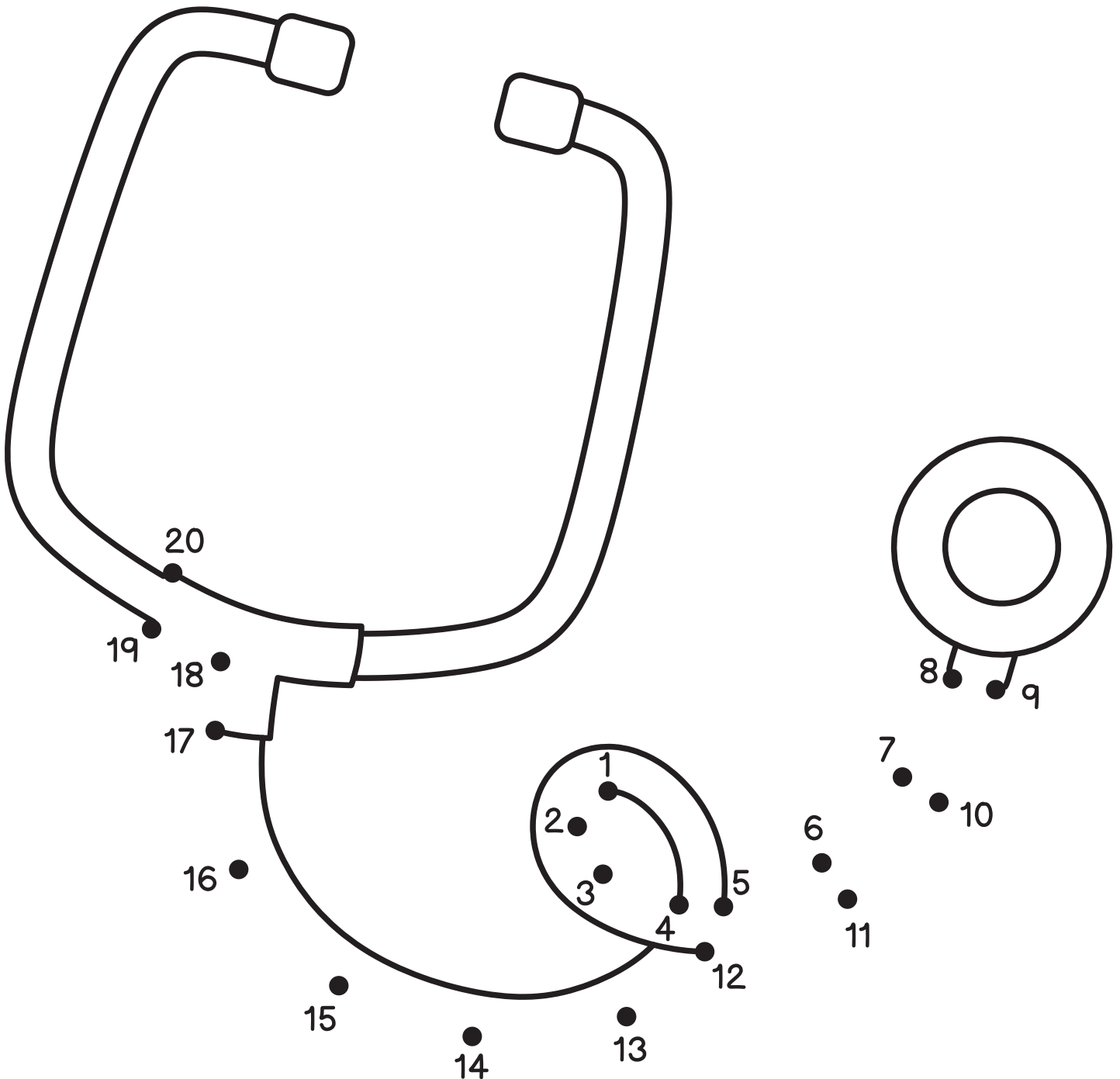
JOKE

Why did the pillow go to the doctor?
He was feeling all stuffed up!



Find the Missing Tool

Your doctor is missing a tool from their kit! They use it to listen to your heart and lungs. What could it be? Connect the dots and color in the picture.



What's Different?

Look at each picture of the doctor's office. Can you spot the five things that are different?
Circle them.



My Check-Up Check List

Bring this list to your check-up so you can know what to expect during your visit.

My name is _____. I am _____ years old.

- | | |
|--|--|
| <input type="checkbox"/> Check my blood pressure | <input type="checkbox"/> Check my weight |
| <input type="checkbox"/> Look in my eyes | <input type="checkbox"/> Check my height |
| <input type="checkbox"/> Look in my ears | <input type="checkbox"/> Take my temperature |
| <input type="checkbox"/> Look in my mouth | <input type="checkbox"/> Listen to my heart |

Do I need an immunization?

YES

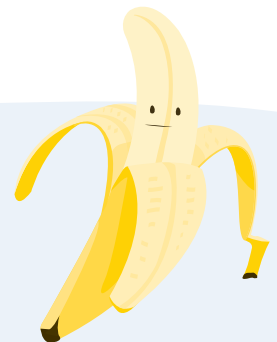
NO

 *I did it! I got a check-up!*

JOKE

Why did the banana go to the doctor?

He wasn't PEELING well!



My Toy's Check-Up Check List

Pretend you are the doctor! Cut out the doctor tools on the following pages and give your toy a check-up.

Dr. _____



Patient Name: _____



LOOK

Use the **OTOSCOPE** to see into the toy's eyes and ears.



LISTEN

Use the **STETHOSCOPE** to hear the toy's heartbeat.



CHECK

Use the **THERMOMETER** to take the toy's temperature.



GIVE

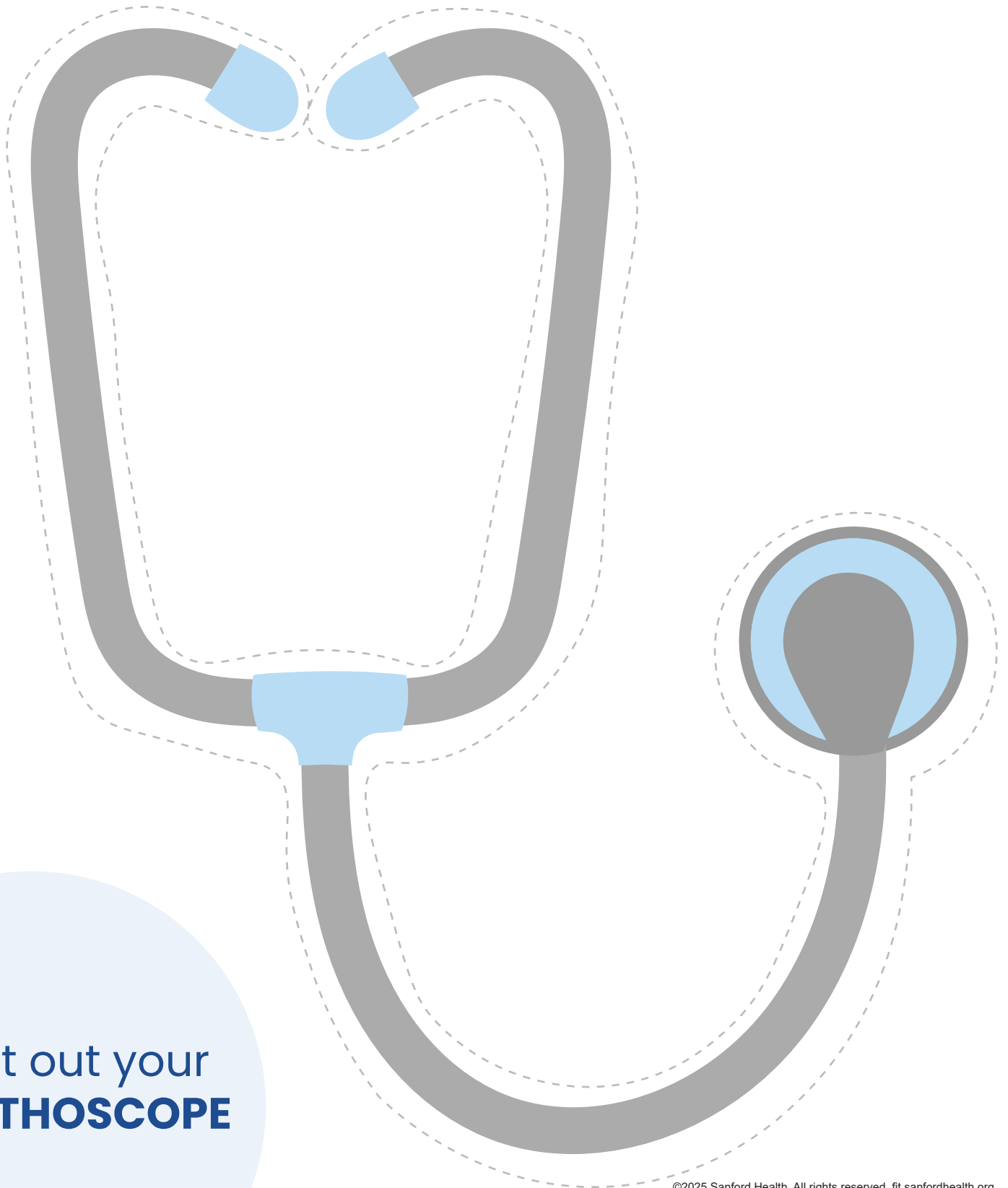
Use the **SYRINGE** to give the toy an immunization.

Tell your toy to breathe deeply if it's feeling nervous!

Caregivers! Use this to educate and prepare your child for their next visit or next well child visit.

Did you know? You can discover how your child is feeling about an upcoming appointment through play! Kids often act out their own thoughts or worries during pretend medical play.

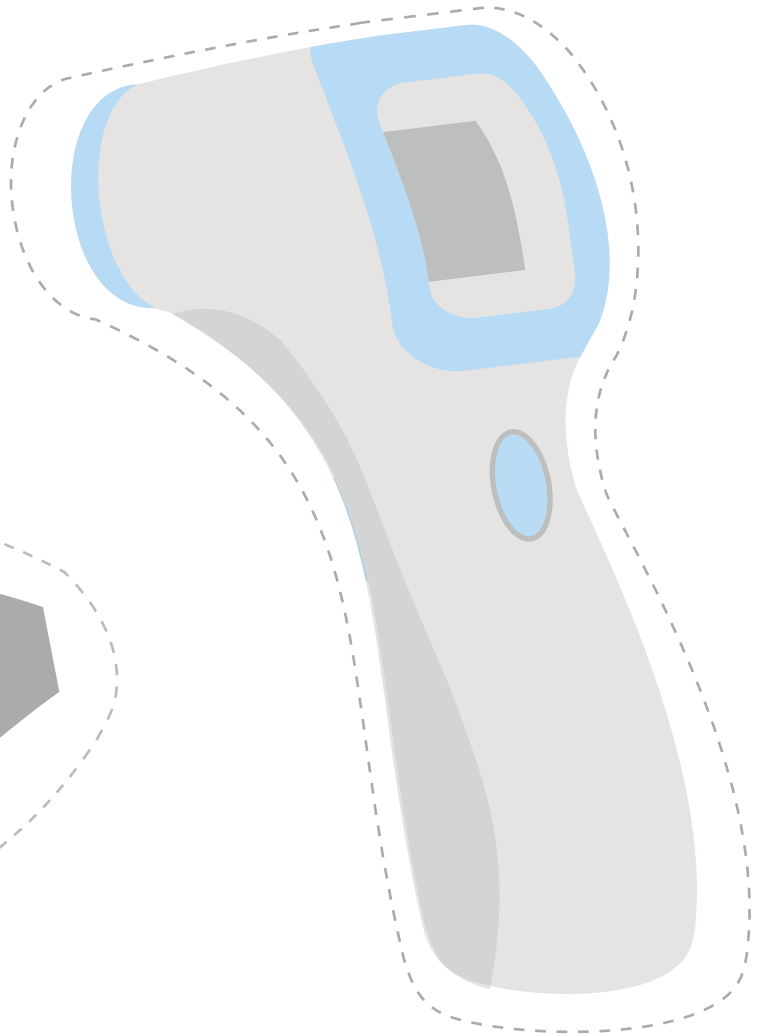
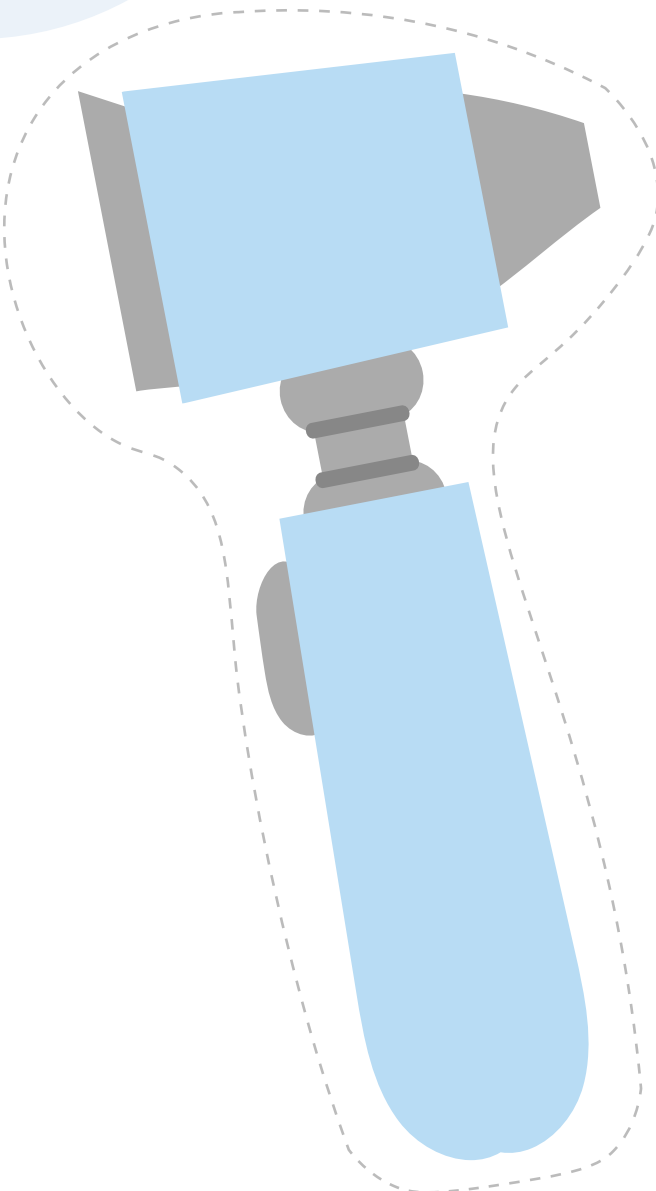
My Doctor Tools



Cut out your
STETHOSCOPE

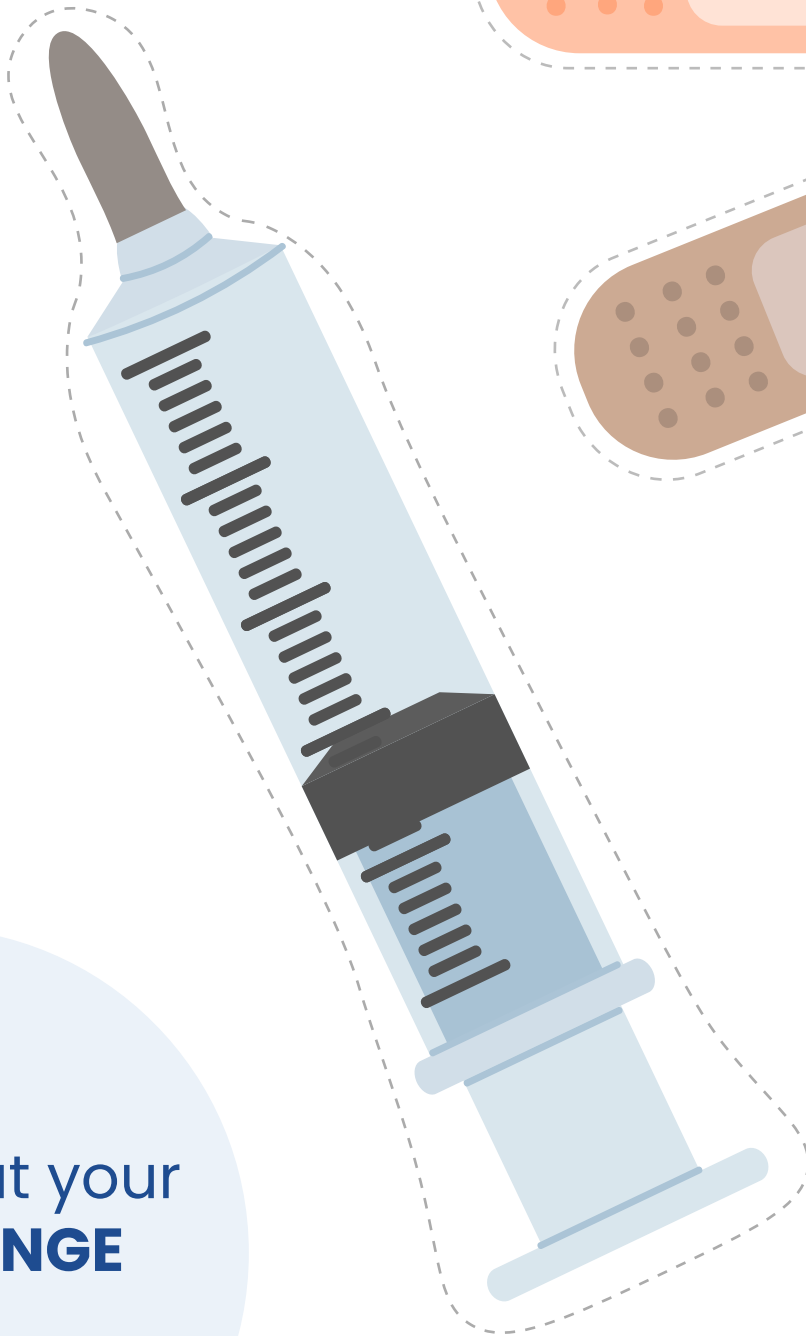
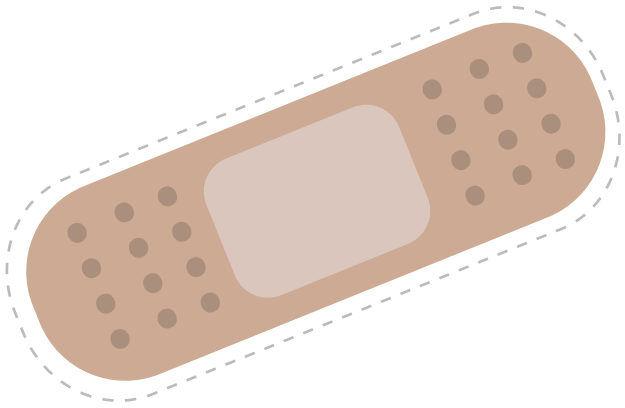
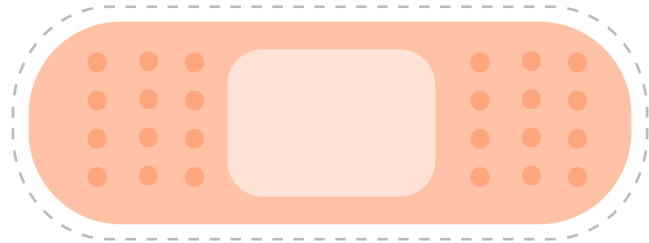
My Doctor Tools

Cut out your
OTOSCOPE



Cut out your
THERMOMETER

My Doctor Tools



Cut out your
SYRINGE

