

# My Daily Helper

Pink Bunny & Friends

## Visiting the Doctor



**A Social Story About  
Helping the Care Team Understand My Body**

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## I Wait for My Turn



I may wait with my trusted person and a comfort item.

**Ask Together**

**What could you bring while waiting?**



## I Meet the Doctor



The doctor explains the visit. I can ask questions before we begin.

### **Ask Together**

**What would you like explained?**



## I Check My Height



I stand near a height tool while the doctor measures me.

### **Ask Together**

**Why does the doctor measure height?**



## I Check My Temperature



A thermometer checks if my body is too warm. It only takes a moment.

### **Ask Together**

**What helps during a temperature check?**



## The Doctor Listens



A stethoscope helps the doctor listen to my heartbeat and breathing.

### **Ask Together**

**What might a heartbeat sound like?**



## The Doctor Checks My Ears



A small light helps the doctor look in my ears.

### Ask Together

What can you ask before an ear check?



## I Use My Voice



I can say “Please explain,” “That hurts,” or “I need a break.”

### **Ask Together**

**What words could you use?**



## I Use My Supports



I can breathe, look away, hold a hand, or use a comfort item.

### **Ask Together**

**Which support would help you?**



## I Get a Bandage



Some visits include a test or shot. It is quick, and I can use my coping tools.

### **Ask Together**

**What coping tool would you choose?**





I leave with my trusted person. I helped the care team understand what I needed.

**Ask Together**

**What are you proud of?**

