

THE DOCTOR'S VISIT VISUAL SCHEDULE

A Resource from ABA Solutions

Medical appointments are easier when we know what comes next. Print this page, cut out the icons, and use them to help your child navigate their visit.

THE PLAN FOR TODAY

1. **THE CAR:** We are driving to the doctor's office. (Listen to a favorite song or story).
2. **THE WAITING ROOM:** We sign in and wait for our name. (Use a "high-occupancy" toy like a tablet or fidget).
3. **THE SCALE & TALL-O-METER:** We see how much we've grown! (Keep feet still and stand tall).
4. **THE EXAM ROOM:** We sit on the "big paper" table. (Listen for the crinkle!).
5. **THE DOCTOR:** The doctor checks our ears, heart, and tummy. (Deep breaths and "ahhh").
6. **THE REWARD:** We did it! We get our special prize. (Sticker, toy, or favorite snack).

THE DOCTOR'S OFFICE "SURVIVAL KIT"

- **Visual Timer:** To show how long a "wait" or a "check" will last.
- **Noise-Canceling Headphones:** For loud hallways or crying babies in the waiting room.
- **"First/Then" Board:** To clarify the reward. (First Doctor S → Then Ice Cream).
- **Compliance Momentum Items:** Have 3 small tasks your child loves to do (e.g., "Give me five," "Touch your nose") to get them in a "Yes" mindset before the doctor enters.

3 CLINICAL TIPS FOR A SMOOTH VISIT

1. **The "Modeling" Method:** Ask the doctor to use the stethoscope on you first, then your child's arm, then their chest. This is called **Successive Approximations**.
2. **Narrate the Sensory:** Instead of "It's okay," say: "The stethoscope is cold for a second, then it's done." Validating the sensation is more helpful than dismissing it.
3. **Ask for the "Low-Sensory" Room:** Many offices will let you skip the waiting room and go straight to an exam room if you call ahead and mention your child's sensory needs.

HOW CAN WE SUPPORT YOUR NEXT CHECK-UP?

Visit us at: abasolutions.com

