



It's Time For Your Checkup: What to expect when going to a doctor visit

Shani Thornton MS CCLS

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Going to the doctor can be frightening for children and often cause parents to feel anxious and overwhelmed. This book is intended to help prepare kids for a routine doctor checkup that includes a vaccination and blood test. Children will have a clear understanding of what will occur and why. Coping strategies are discussed to help the child feel a sense of control and less scared. Parents will also learn how to better support their child using empathic language, play and comfort positions. This is a wonderful book that can be added to a library at home, classroom, community programs or an outpatient clinic.

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