



Doctor's Office



Visiting a doctor's office is often a scary experience for young children, especially for children who are DeafBlind who may not be feeling well. Children who are DeafBlind learn best when they can use many senses, especially touch. Based on a child's unique hearing and vision loss, they may not always see or hear what is happening around them and may miss important clues that other children notice.



Prepare your child by giving cues for what you are going to do **before** you do it.

Using tactile or sensory cues and a slow pace helps children feel safe and calm. When caregivers know what to watch for and are responsive to children's cues they build a trusting relationship. When children know what to expect, they can relax, communicate, and participate more fully in their daily routines.

WHAT TO SAY AND/OR SIGN

WHAT TO TRY

WHAT TO WATCH FOR

"We are at the doctor."	Give them a set cue for the doctor. (toy stethoscope, paper from tables)	Child may get upset and cry.
"Let's see how big you are now."	Let your child feel the equipment and give a touch cue for the body part.	Child may give you access to the body part or turn away.
Sign "sit" and gesture towards the table.	Let your child feel the table and give a cue before picking them up.	Child might seem timid or scared.
"This is the nurse or doctor."	Let your child explore an identifier for the person.	Child might smile or move away.
"Check your ears."	Let your child feel the medical device being used and touch their ear.	Child might move towards or away from the doctor.
"Touch your belly."	Let your child feel the medical device being used and touch their belly.	Child might pull up their shirt for their belly to be touched.
Sign "all done" in their hands. Sign "home."	Let your child say bye to the doctor.	Child may relax their body.

End doctor visits the **same** way each time so your child learns when they are done.