

DOCTOR & DENTIST VISIT VISUAL TOOLKIT

KIT VISUAL PARA VISITAS AL MÉDICO Y AL DENTISTA

Preparation, communication and supportive choices | Ages 3-6



CHECK IN



LISTEN TO MY HEARTBEAT



CHECK MY TEETH



I NEED A BREAK

28 PAGES | COLOR + LOW-INK | 12 FUNCTIONAL MESSAGES

US Letter + A4 | Preschool - Homeschool - Speech - Special Education

Visual schedules - pain communication - breaks - provider and caregiver guidance

A complete visit-preparation system

12 bilingual message cards

Original visuals from check-in through all done, plus pain and break communication

Color and low-ink

Three cut-apart card pages and a full visual menu in each print edition

Arrival and waiting

Check-in, waiting-with-adult and meeting-the-provider visual sequence

Doctor visit tools

Height, weight, temperature and heartbeat previews with child-led communication

Dentist visit tools

Chair, mouth and tooth-check routine with tell-before-touch choices

Body and sensory tools

Pain location, feelings, sensory supports, pause, break and something-different options

Two social narratives

One doctor visit and one dentist visit with realistic wording

Adult implementation

Personal plan, provider prompts, observation tracker, answer notes and license

Real visits vary. Preview only the steps the provider expects and avoid promises about pain or outcomes.

Children may communicate stop, pause, pain, no or something different; adults follow the care plan.

Cut on the pale dashed guides



Check in
Registrate



Wait with my adult
Espera con mi adulto



Meet the provider
Conoce al profesional



Check height and weight
Mide altura y peso

Point to one step or message



Check in
Regístrate



Wait with my adult
Espera con mi adulto



Meet the provider
Conoce al profesional



Check height and weight
Mide altura y peso



Check temperature
Toma la temperatura



Listen to my heartbeat
Escucha mi corazón



Open my mouth
Abre la boca



Check my teeth
Revisa mis dientes



It hurts here
Me duele aquí



I need a break
Necesito una pausa



Tell me before touch
Avísame antes de tocar



All done
Terminé

Arrive - Wait - Meet

1. CHECK IN / REGISTRO



My adult and I tell the desk we arrived and share needed information.

2. WAIT / ESPERA



I wait with my adult. I may use an available comfort or communication support.

3. MEET / CONOCE



The provider greets us and explains what may happen today.

Waiting times change. Use honest language such as 'we will check again' instead of a false promise.

Keep the child's communication and access tools available.

Doctor visit preview

Select only the checks likely for this visit. The provider may change the sequence for clinical reasons.



Height and weight

Altura y peso



Temperature

Temperatura



Heartbeat

Corazón



Open mouth

Abre la boca



Show where it hurts

Muestra dónde duele



All done

Terminé

Preview the tool, body area and approximate duration when known.

Do not promise a specific result or that a procedure will not hurt.

Dentist visit preview

1. SIT / SIÉNTATE



I use the position and support planned with my caregiver and dental team.

2. LOOK / MIRA



The dentist shows the mirror or light and tells me before the tooth check.

3. CHECK / REVISA



I open my mouth as I am able while the dentist checks and communicates.

Real dental care may include other steps; preview them with the dental team.

A visual supports communication and does not guarantee a child can complete every step.

Break and help board

Keep the board visible and respond before asking for longer language.



I need a break

Necesito una pausa



It hurts here

Me duele aquí



Tell me first

Avísame primero



Caregiver help

Ayuda del adulto



Something different

Algo diferente



Ready to check

Listo/a para revisar

A break has a clear, safe plan for pausing and returning or changing the visit.

Urgent needs are handled by the clinical team; do not delay necessary emergency care.

Point to one step or message



Check in
Regístrate



Wait with my adult
Espera con mi adulto



Meet the provider
Conoce al profesional



Check height and weight
Mide altura y peso



Check temperature
Toma la temperatura



Listen to my heartbeat
Escucha mi corazón



Open my mouth
Abre la boca



Check my teeth
Revisa mis dientes



It hurts here
Me duele aquí



I need a break
Necesito una pausa



Tell me before touch
Avísame antes de tocar



All done
Terminé

Preparation, clinical scope and answer notes

PREPARE

- Confirm real steps with the care team
- Use photos and visuals the child understands
- Bring AAC, health and access supports

COMMUNICATE

- Tell before touch and show tools
- Accept pain, pause, stop and different
- Respond before expanding language

CLINICAL SAFETY

- Providers determine medically safe care
- Follow allergy, medication and infection rules
- Seek urgent help for serious symptoms

ANSWER NOTES

- More than one support may be useful
- Real sequences vary by appointment
- All done means that named step is finished

PREVIEW - MUESTRA

SCOPE

This educational resource does not diagnose, treat or replace a licensed medical or dental provider. Contact the care team for individualized advice and follow local emergency procedures for urgent or serious symptoms.

LICENSE: one household, one classroom or one therapist/counselor caseload.

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