



C U Y A H O G A C O U N T Y  
Board of Developmental Disabilities



**Cleveland Clinic Children's**

# Well-Child Visit

## Social Story

Written and developed by CCBDD Intensive Support Teams & Cleveland Clinic Children's Medical Staff

Supporting and empowering people with developmental disabilities  
to live, learn, work and play in the community

Everyone needs to go to the doctor for checkups. Checkups are where the doctor makes sure we are staying strong and healthy.



First, we will check in at the desk. Then we will wait in the chairs in the waiting room. When it's my turn, the staff will call my name and I will go into the back.



The first step is to check my height and weight. I will need to take my shoes off to get on the scale. The scale will beep before I get on. The scale will beep again to tell me when to get off.





After that, we will go into the exam room. I will need to sit on the exam table.



Next, the worker will check my blood pressure. This feels like a big hug on my arm. It may get tight on my arm for a few seconds, and then it will relax.



They will also put something on my finger that makes sure I am breathing ok. This does not hurt at all!



Next, they will check my temperature. This is a light touch across my forehead and under my chin.



Next, the doctor will come in. They will check my eyes, ears, and mouth. The doctor may use a light (*It has a really funny name! It's called an otoscope*) to look in my ears and mouth.



If I wear glasses, I might have to take them off for a minute, so the doctor can get a good look.

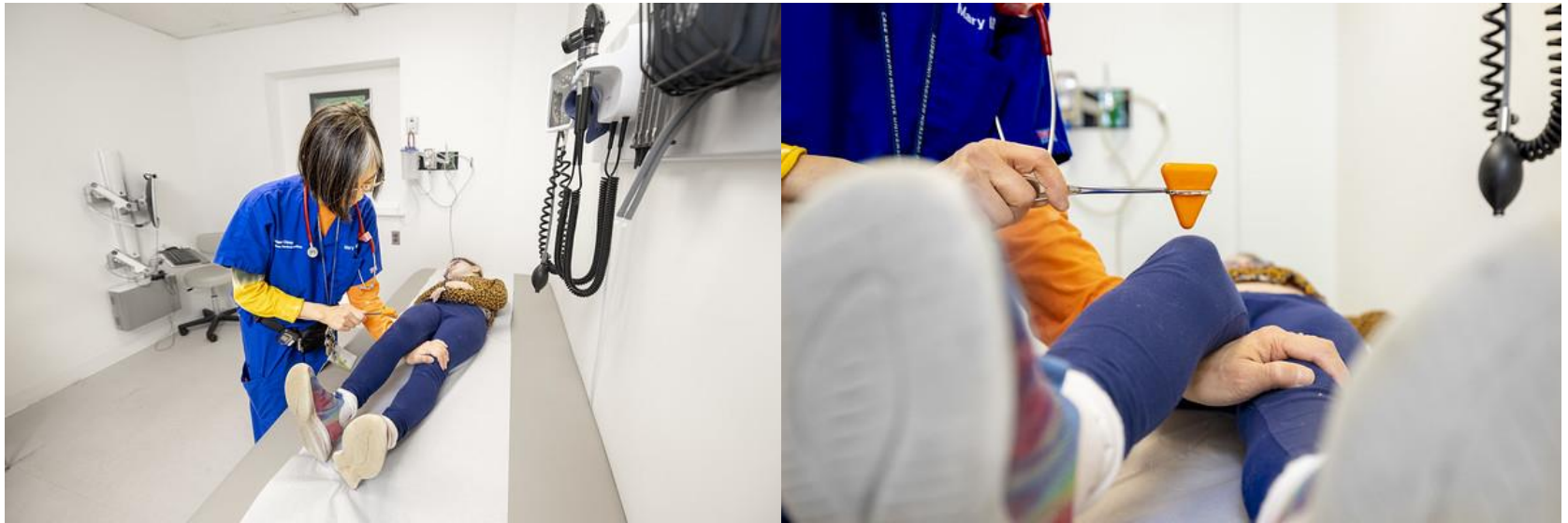




The doctor will also check my lungs and heart. They will use a stethoscope. It looks like a big bendy straw. They might have me take a deep breath in. Sometimes they may need to move my shirt over. It can feel cold when the stethoscope touches my skin.



After that, I will need to lay down so the doctor can check my belly.



Then they will test my leg and arm muscles with a light tap.



Next, the doctor might want to check out my moves! They may ask me to walk, jump and hop.



I did a great job getting my check-up!





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