

1 I'm going to see Dr Karly.

Today I am going to see Dr Karly, she is a paediatrician.

A paediatrician is a doctor who helps kids.



2 I can bring someone with me

I can bring a grown-up I trust with me.

We might wait for a little while before it is my turn.

I can bring something that helps me feel comfortable.



3 Dr Karly will ask a lot of questions to get to know me.

She might ask me questions about things I like, things I'm good at, and things I find tricky.

I can answer in any way I like or not at all.



4 We might check my body

Sometimes Dr Karly might check how my body is growing.

She might listen to my heart, measure me or check my blood pressure.

She will tell me what is happening first, I can say 'not today' if I am not comfortable.



 You are in charge of your body.

5 I can be myself

There is no right way to do things at Dr Karly's clinic.

I can talk, play, move around, ask questions or take a break.

Dr Karly and my parents are there to help me.

