

# Welcome to St. Tammany!

## Pediatric Clinic

I am going to see my pediatrician!



The first step will be to check in with the front desk!



Next, we will wait in the waiting area. I can bring a toy from home to play with while I wait, walk around, or sit.



I can also look at the fish tank or watch TV!



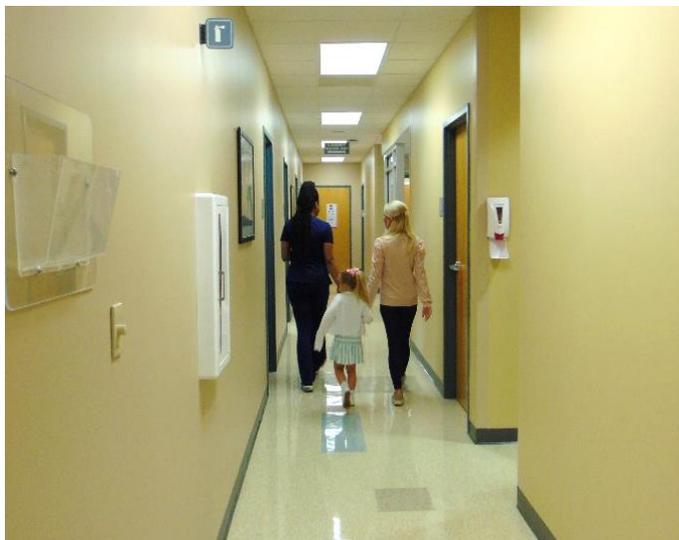
When it is my turn to see the doctor, a nurse will call my name to come back.



First, she will check my height and weight.



After the nurse gets my height and weight, I will follow the nurse down the hall into an exam room.



Once in the exam room, the nurse will check my vital signs. She will begin by taking my temperature. She may place the thermometer under my arm or tongue.



Next, the nurse will take my blood pressure. She will wrap this cuff around my arm or leg.

The cuff will inflate like a balloon, giving my arm a tight hug for only a few seconds.

It is important to be very still. This does not hurt.



The nurse will then check my heart rate and oxygen levels by putting my finger in a small harmless machine. It is quick and gentle.



The nurse will check my vision and hearing. When checking my eyes, the nurse will tell me to look into this device and tell her what I see.



Next, she will check my hearing. She will put headphones on my head and ask me to point to the ear where I hear the noise.



Once the vision and hearing checks are completed, the nurse might ask me, my parent, or guardian additional questions before she leaves.

Once the nurse leaves, I will remain in the exam room until the doctor arrives.

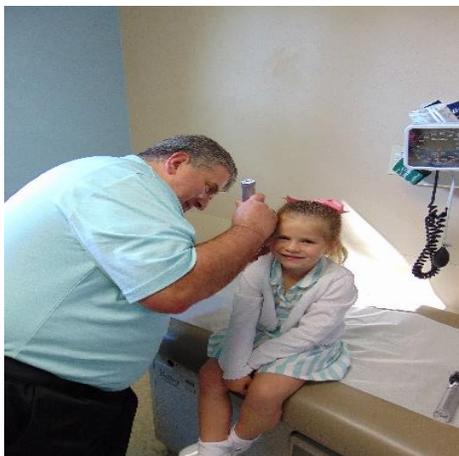


When the doctor arrives, and before starting my checkup, the doctor will introduce himself and ask me and my parent or guardian questions, too.



Now, it's time for the doctor to start my checkup! The doctor might look in my ears, nose, and throat as well as listen to my heart and lungs.

Sometimes, the doctor will check other areas of my body if needed. If you need a break, you can say "stop," and the doctor will listen.



These are some tools the doctor will use to listen and see.  
These instruments are safe and do not hurt.



Let's take a look at the doctor checking my nose. I will tilt my head back, and the doctor will shine a light close to my nose.



The doctor might use the same light to check my throat. I will stick my tongue out and say, “Ah!”



Using the same tool, the doctor will check my ears. As you see, he has to get closer to view the light shining in my ear.

I am not afraid as it does not hurt, and I am safe.



Sometimes, the doctor will need to examine by touching or feeling certain body areas. Here you can see the doctor gently pressing my neck and ears to ensure I am healthy.



The doctor will also check my heart. He will use a tool called a stethoscope to listen to my heartbeat.



Next, it's time to take a deep breath. The doctor will put the tool on my back or the front of my chest to listen to my breathing.

You can practice by pretending to smell a flower and then blowing out a candle!



After listening to my breathing, the doctor will have me lie down on my back. He will lightly press around my stomach during my checkup. The doctor will be gentle.



If the doctor needs to check other body areas, he will let me know or he will tell me when the exam is all done. He will also ask if I or my parent or guardian have any questions. Once the doctor has answered all our questions, I will be ready to leave the exam room to check out.



I did it! I did a great job at my checkup today. I am all done!

