

Going to the Doctor

A free printable social story for ages 3-8

Routine check-ups go more smoothly when a child can predict each step, from the scale to the stethoscope. This story is useful before annual physicals, specialist visits, or school-entry exams. It is a favorite among parents of children with medical anxiety.

Sometimes I go to the doctor for a check-up.

A check-up helps the doctor make sure my body is healthy and growing.

In the waiting room, I wait with my grown-up until someone calls my name.

A nurse may measure how tall I am and how much I weigh.

The doctor looks in my ears and eyes with a small light. It does not hurt.

The doctor listens to my heart with a stethoscope. It might feel a little cold.

The doctor may ask me to take big breaths or say "ahh."

I can ask questions about anything the doctor does.

Some kids feel worried at the doctor. That is a normal feeling.

My grown-up stays with me the whole time.

When the check-up is over, we get to go home.

Going to the doctor helps me stay healthy and strong.

Tips for Reading This Story Together

- Play doctor at home with a toy medical kit, acting out each step from the story in the same order.
- Tell your child honestly whether shots are expected; discovering a surprise shot destroys trust for future visits.
- Bring a comfort item and a quiet activity for the waiting room, where anxiety often builds the most.
- Ask for the first appointment of the day to minimize waiting and keep the visit short.

[Read this story online](#) · [More free social stories](#)

Personalize this story with your child's name for free at nameinabook.com — built by the nonprofit Opportunity Hack.