















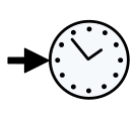











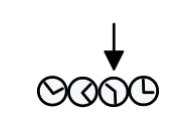








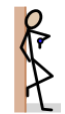

.
I need to go to the hospital to see a doctor.




      .
Doctors help keep me healthy and safe.







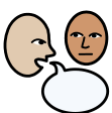




        .
I may have to wait in a waiting room with other people.




  .
until it is my turn.








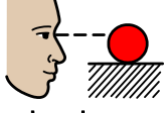


        .
It may be busy and it may be noisy.

          .
Sometimes when it is busy and noisy or I have to wait I





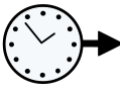






  .
feel upset or anxious.


          .
If I feel upset or anxious I can talk to the grown up I am

        .
with and they can help me to feel calm.




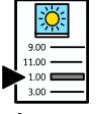




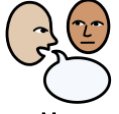

 I can  also  hold  my  favourite  things  or  look at  my  favourite


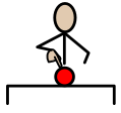






picture.

 When  it is  my turn  I  will  go to  a  special  room  to  see









the doctor.

The  grown up  up  I  am  with  will  stay  with  me  and  help

 me  in  my  appointment.  The  grown up  up  will  talk to  me

 about  what  I can  expect  at  tht  hospital.

 When  my  appointment  has  finished  I  will  leave  the

 hospital  and  I can  do  something  I  like.

The grown up I am with will be so proud if I stay calm

+ be brave in the hospital.

Staying calm and being brave is good.