










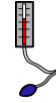

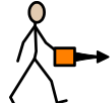

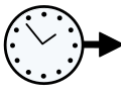














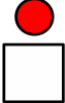
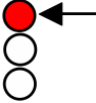
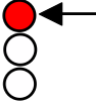



 Sometimes  I  need  to go  to the  doctors.


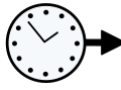




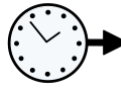

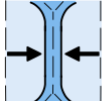

 The  doctor  helps  keep  me  safe  and  healthy.










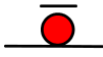


 I  am going  to the  doctor  to  have  my  blood pressure  taken.




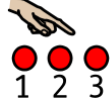








 I  will  have to  wait  in  the  reception  area  with other  people

 until  it is  my turn  to go  to the  doctors  room.

 The  doctor  will  put  a  strap  over  the  top  of  my  arm.

 Air  will  go into  the  strap  and  it will  get  tighter  on

 my  arm.  This  is  ok.  I  need  to  sit  still  and  my

 grown  up  will  count  to  10  with  me.  It  won't  hurt  and

it will be finished soon.

The doctor will need to be close to me to take my

blood pressure, but it will only be for a short time.

I need to sit still and be brave.




I can look at my favourite picture when I have my






blood pressure taken.







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

am with.

When it is finished I can leave the doctors surgery and do

 something  I  like.

The  grown  up  I am with  will be so  proud.

It is  good to  sit  still and  be calm in  the  doctors surgery.