

Doctors and Hospitals are not scary

Sometimes when we aren't feeling well or need to get some tests done to check our body is healthy, we need to visit a doctor or the hospital.



Sometimes I find this a bit scary because I don't like going to the doctors or to the hospital. But doctors and nurses aren't scary, they are people just like you and some of them are even _____ who have children like you.



Doctors and nurses aren't there to hurt us as they are kind people who are working hard to help people like me to stay healthy. They want to help me to feel better again.

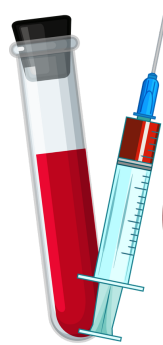
If we don't visit doctors or go to hospital appointments, then our bodies might become sick, or we might not get the right medicine to help our bodies fight germs which cause infections.



It is a doctor and nurses' job to help find out what is wrong with our bodies for them to stay healthy, sometimes they must do a blood test to find this out.



A blood test is when a small bit of blood is taken to find out things about your body. I can get a blood test at my doctors or the hospital.

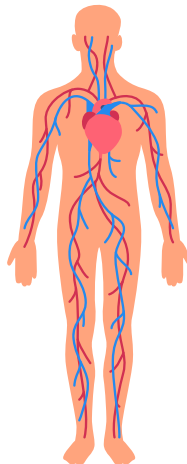


Blood tests are done for lots of different reasons:

To find out if there is something making you unwell.

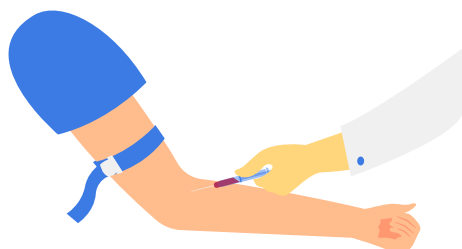
To check that your body is making all the things that it needs.

To check that you have the right levels of important chemicals in your body.



A nurse or doctor uses a special needle to take the blood, usually from your arm.

You will feel a little scratch or strong pinch when having a blood test, but this only lasts a few seconds.



It only takes a few seconds to take the blood needed and so it is over very quickly. I might even get a sticker for being so brave!

When I feel worried about going to see a doctor or to the hospital, I might do these things to help:

- Talk to _____ about how I'm feeling so she can help.
- Take 10 deep breaths whenever I feel really worried.
- Think about my favourite place or something I love doing.
- Take a special object with me to help me stay calm like a toy.
- Wear my ear defenders if its too noisy or play with a fidget toy.

I can even ask the doctors or nurses questions so they can help me to understand any tests or what they will be doing next to help me stay calm.



I can keep my body healthy and help to look after it!

I will feel proud of myself if I can go to my doctor and hospital appointments as I am stronger than my worry!

