

Developmental and Behavioral Pediatrics

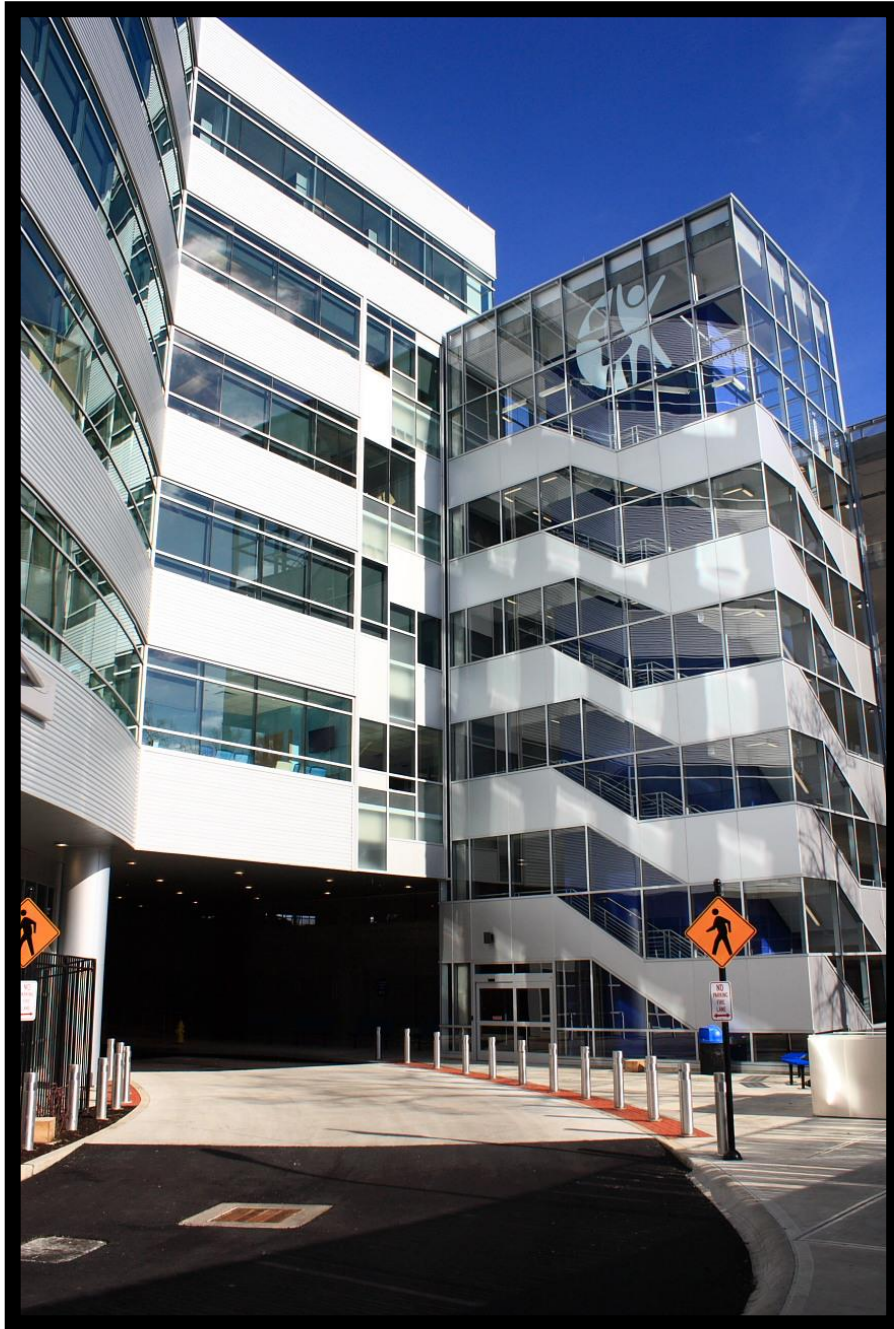
- Each patient's visit will be a little different. The following picture tour will give you an idea about your visit to the DDBP clinic.
- Your child may be seen by a female or male doctor or nurse. Photos of the health care team can be seen after the tour.
- Cincinnati Children's is a teaching hospital so other staff in training may be observing. Please tell us if you do not want them to observe during your visit.
- You may download the picture tour to your computer by 'right-clicking' on top of the photo and selecting 'Save as.'



I am going to see a doctor or nurse at the DDBP Clinic at Cincinnati Children's. Everyone's visit can be a little different. Some kids think the clinic visit is a lot like going to their doctor's office.



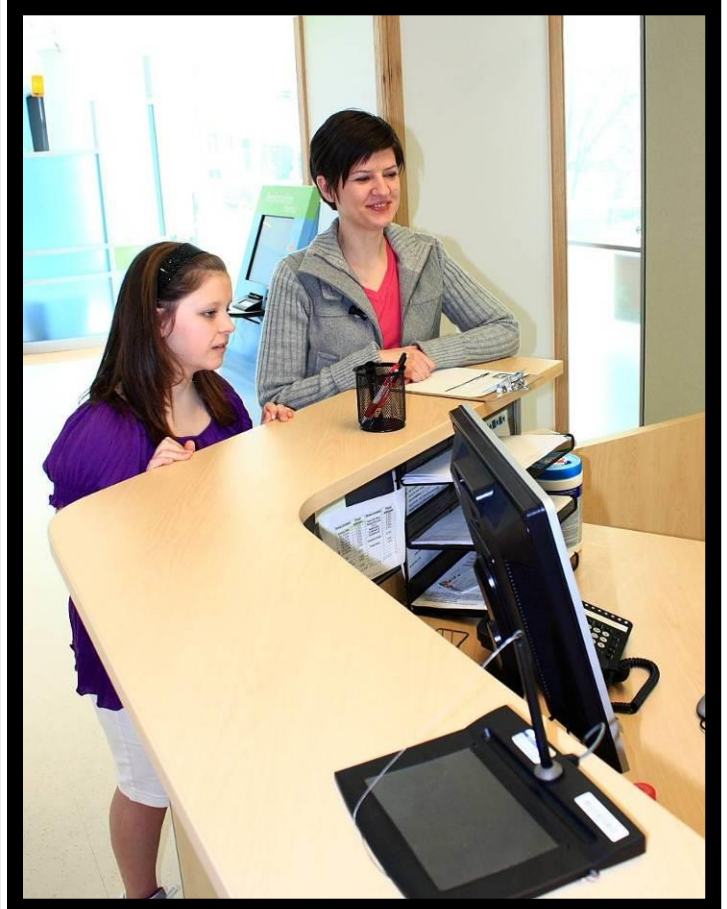
My parents take me to the DDBP Clinic so that we can find out more about how I am learning and growing.



We park in the visitor's garage next to the DDBP building. We go in on the third floor.



The clinic is on the third floor. This is what we see when we arrive.



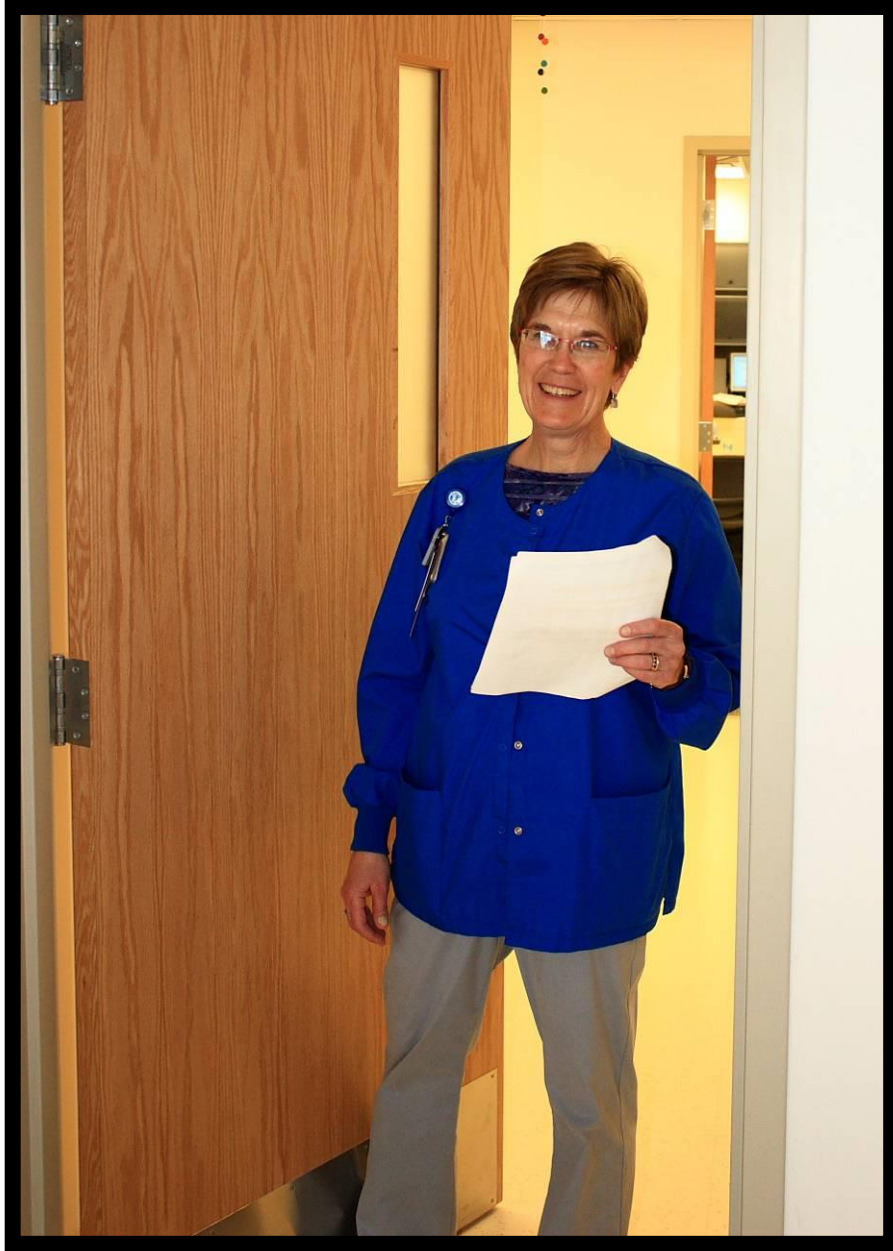
**My parents sign us in at the registration desk.
Sometimes, we can use a machine to check
ourselves in.**



We go to the waiting area. I can sit or play. There are fun things to play or I can bring my favorite items from home.



Sometimes there are special activities in the waiting area.



**When my name is called, I go into the clinic area.
My parents will go with me.**



I get weighed. First I take off my shoes, and then I stand on the scale. I hold still.



I keep my shoes off and stand against the wall. A crown slides down just above my head to see how tall I am. I stand up very straight and still. It does not hurt.



I get my head size checked with a paper measuring tape. I hold my head still because it does not hurt.



I get my blood pressure checked. A cuff is placed around my arm. It feels like a tight squeeze for just a little bit. I watch the numbers or listen to the machine beep until the squeeze is over. I hold still so it goes quicker.



We stop at the toy closet. I pick out a toy to play with in the room.



I go into the room where I wait for the doctor or nurse. There may be a tall table for me to sit on. There is a computer that only the doctors and nurses use.

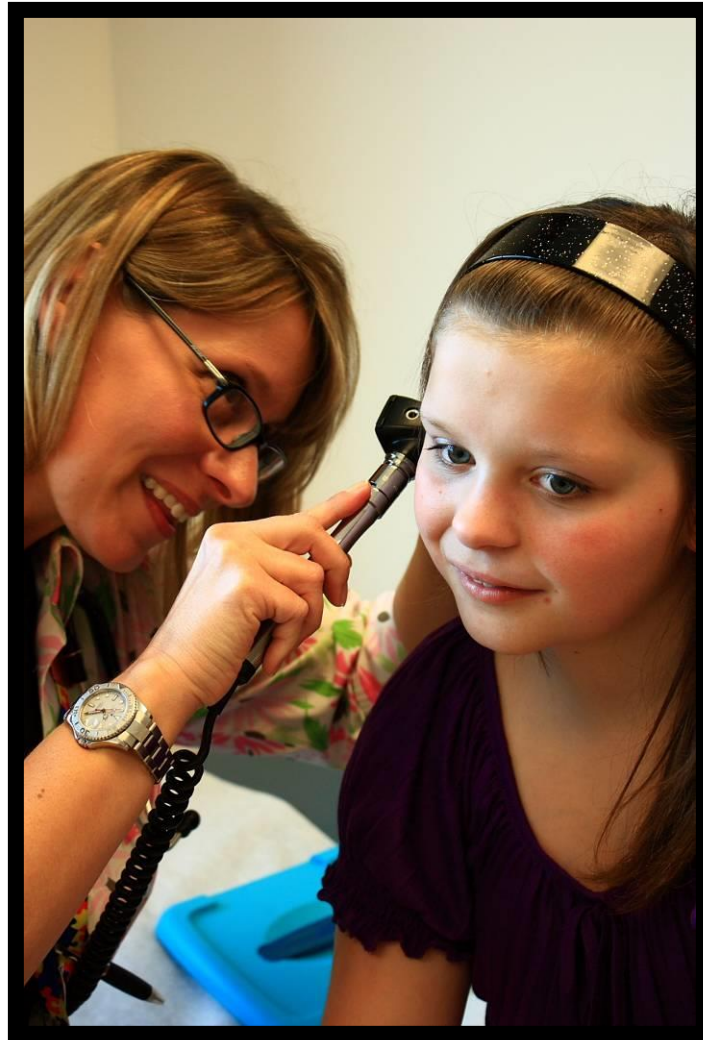


The doctor or nurse comes in to talk with my parents about me. I can listen to them or play with the toy. The doctor or nurse may ask me questions. I will try to answer them.

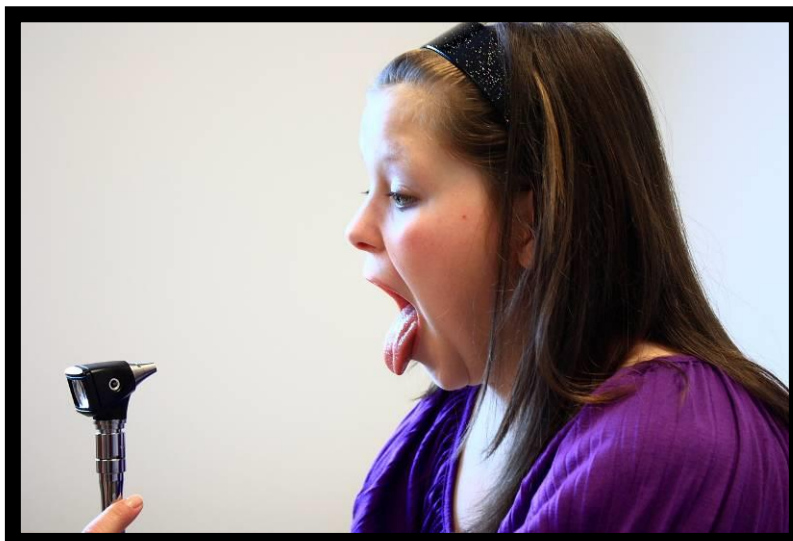




The doctor or nurse listens to my heart with a stethoscope.



The doctor or nurse uses a small flashlight to look inside my ears and mouth. I hold still.



I open my mouth real big.



The doctor or nurse uses a rubber hammer to gently tap on my arms and legs.





I push and squeeze their hands so they can feel how strong I am.



We touch our fingers together and then we touch our own noses.

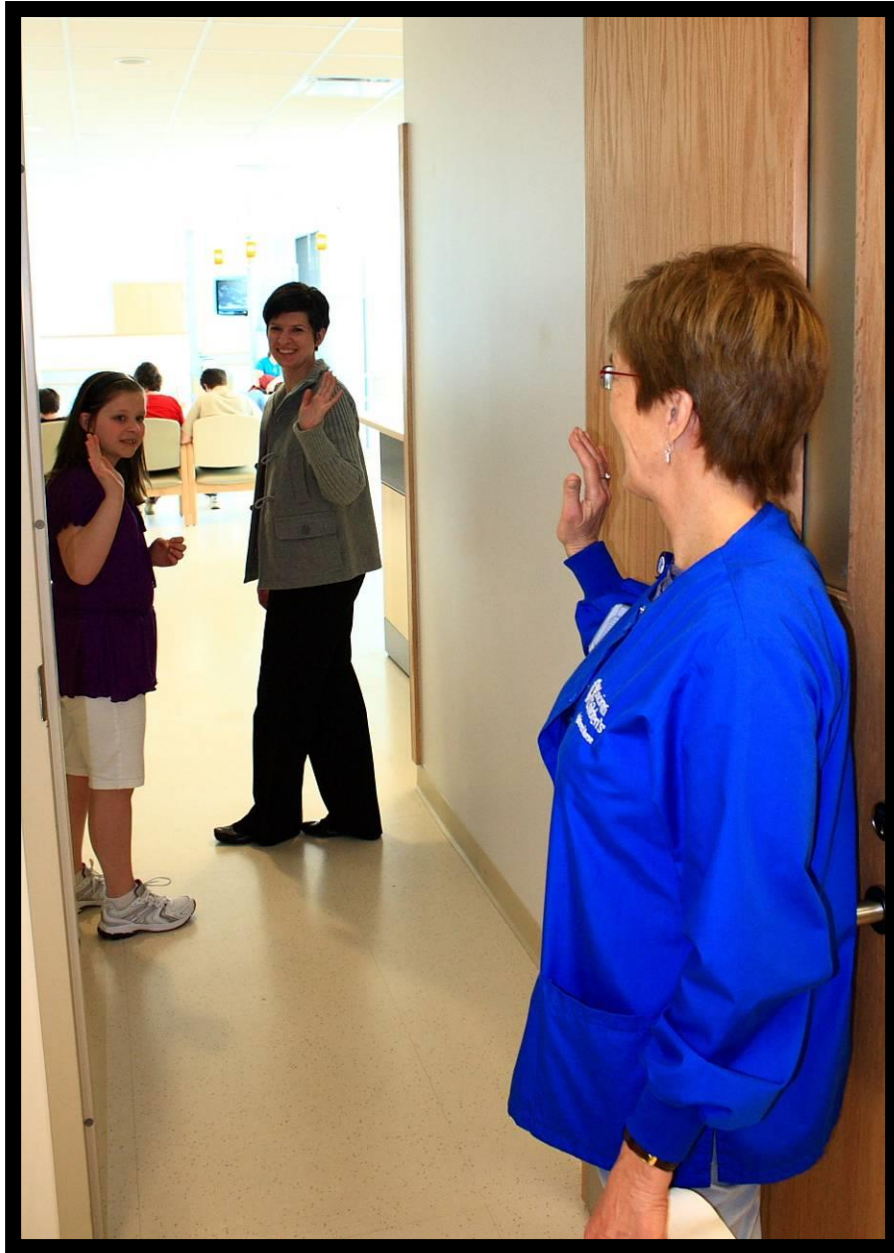


We balance on one foot and then the doctor asks me to raise my toes.





I walk and skip down the hallway. I might get to run, hop and jump too.



When I leave the clinic, they thank me for coming to visit. There are many nice people at the DDBP clinic.



I am finished with the doctors and nurses. We stop at the scheduler; who helps my parents set up the date for my next visit.



We can stop at the library on our way out if we have any questions or would like books to read or toys to check out.



Your Child Life Team at DDBP.

Homework To Prepare Before Coming To DDBP Clinic

- Talk about the nice people who work at the clinic.
- When your child is in a happy mood:
 - If you have play or real medical equipment at home, play with it. Pretend to check a stuffed animal's throat or ears or have your child listen to your heart.
 - If your child does not like having ear exams, demonstrate by gently patting around your own ear. "Look how Mommy is touching her ear. Now it is your turn." Next, pretend to look in a stuffed animal's ear, have your child look in your ear, and then if possible, look in your child's ear. If this is uncomfortable, you might say "I am going to look in your ear with a small flashlight and count to 2" and then stop. Add a few seconds each time.
 - Practice the feel of a blood pressure cuff. You can wrap a sock or other material around your child's arm just above the elbow and give it a squeeze saying, "Let's give your arm a squeeze."
 - Practice being weighed. Have each family member step on a real or pretend scale **without shoes on**.
 - Practice measuring your child's height. Guide your child's feet and back against the wall. Place your hand on your child's head and say how tall your child has grown.
 - Practice looking into each others' mouths with a small flashlight. Have your child open very wide.
 - Use a ribbon or paper tape measure to measure around the head just above the ears.
 - Practice gently tapping on each others' knees, elbows, and ankles with a spoon or tiny rubber hammer to check the nerves and muscles.
- Practice these tips when your child is not upset. If your child becomes upset, take a break and try again later.
- Practice relaxation before and after anything that is hard for your child. Choose a relaxation method that you think your child will respond to best:
 - Deep breathing- Have your child take 3-5 deep breaths. To practice, you can demonstrate breathing or draw a paper flower and put it to your nose to pretend. "Let's pretend to smell the flower, now let's blow it away."
 - Counting – Have your child slowly count to 10.
 - Pressure- Have your child squeeze both hands together or around a ball and squeeze 5 times.
 - Listen to soft music.
 - Picture a favorite place or activity. Tell your child to think about it as you describe it in detail.