

# **AUTISM FRIENDLY GUIDE**

**ENSURING A SUCCESSFUL  
DOCTOR'S VISIT**



**COMPREHENSIVE**  
BEHAVIOR SUPPORTS

## AUTISM FRIENDLY GUIDE

# Ensuring a Successful Doctor's Visit

Doctor visits can be stressful for everyone. Use this checklist to help set your family up for success.

### BEFORE THE VISIT

---

- Schedule a call with your provider to discuss possible accommodations for the visit
- Role play with your child using a doctor's kit
- Prepare a bag of preferred toys/activities to take on visit
- Identify possible triggers for your child and make a plan for how they will be addressed
- Prepare any visual supports you may be using
- Read a social story with your child

### DURING THE VISIT

---

- Use visual supports
- Utilize reinforcers consistently throughout the visit (don't wait until things start going wrong!)
- Save some reinforcers for later in the visit (such as a special reinforcer if there is a long wait time)
- Request provider to explain what they are doing before they do it

### AFTER THE VISIT

---

- Do something highly preferred by your child right after the visit
- Write down unexpected obstacles so you can plan for them next time
- Make notes for your social story



***A smile  
with every  
step forward.***



**COMPREHENSIVE**  
BEHAVIOR SUPPORTS