



*say
less,*
**show
more**



I am going to see the doctor.



It's our turn to talk to the nurse or doctor.



I stand on the weigh scales.



The nurse will measure me.
I will stand still.



The nurse puts a special cuff on my arm
to measure my blood pressure.



The nurse puts a special probe with a clip on my finger.



Here is a thermometer.



The nurse will put the thermometer under my arm.



I lie on the bed.
The doctor will press on my tummy.



The doctor will listen to my heart with a stethoscope.



The doctor will use a torch to look in my ear.



The doctor looks in my mouth.
I open my mouth up wide!



The doctor uses another torch.
The doctor looks at my eyes.



The doctor measures my head.



The doctor taps my knees and my arm.
It makes my legs and arms move!



All finished.

How am I feeling?



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Five tips for using visuals with children

1. **Parents and carers are included.**

They know their child best and may have used visuals before.

2. **Show the child visuals.**

Make sure you get down to their level so they can see the pictures. Scan the QR code to view/download.

3. **Share the story with the child.**

Point to the photos or picture symbols as you go through the visuals. Give the child some extra time to look and think about the pictures.

4. **Say less.**

Use single words or short sentences to explain what is going to happen.

5. **Think of other ways for the child to understand.**

Use objects in the room and make sure your gestures stand out to help the child understand directions.

Visuals improve communication between health professionals and children, particularly those with anxiety, autism or intellectual disability.

The agencies listed on the last page are supporting families to access the healthcare they need for their children living with disability and seek to be inclusive of all our community members.

The 'Say Less, Show More' initiative shows children that health professionals are here to help and what to expect during a physical exam or procedure.

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