Proud Moments ABA

Connor Goes to the Doctor



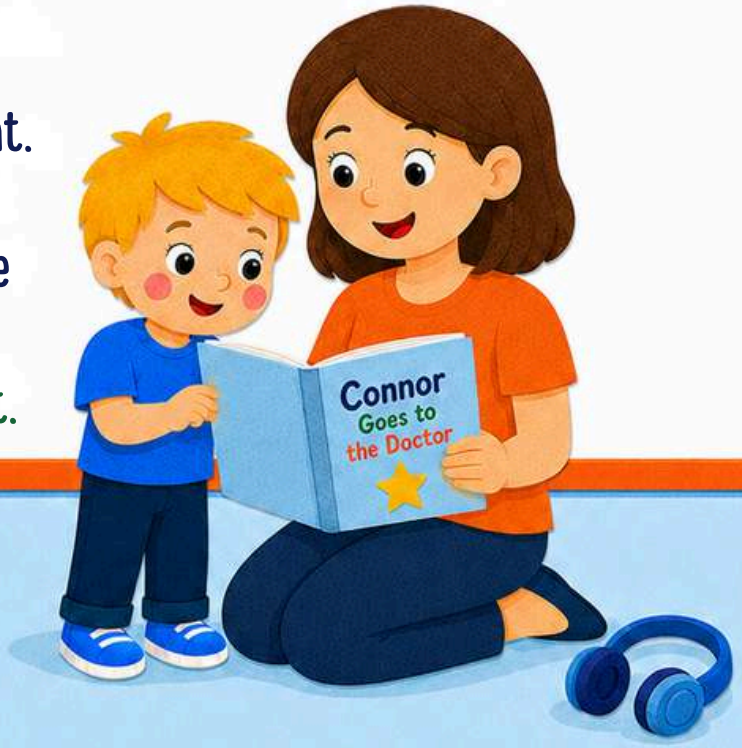
Created by
Bobbi H. Rogers
and
Carlee Baker

A Note for Grown-Ups

Doctor visits can feel unfamiliar. New sounds, people, tools, and routines may be exciting-or overwhelming.

This story helps children know what to expect, practice simple coping strategies, and build confidence before a visit. Read it together ahead of time. Pause to name what Connor sees and feels, talk about your child's questions, and practice helpful tools such as headphones, deep breaths, or asking for a break.

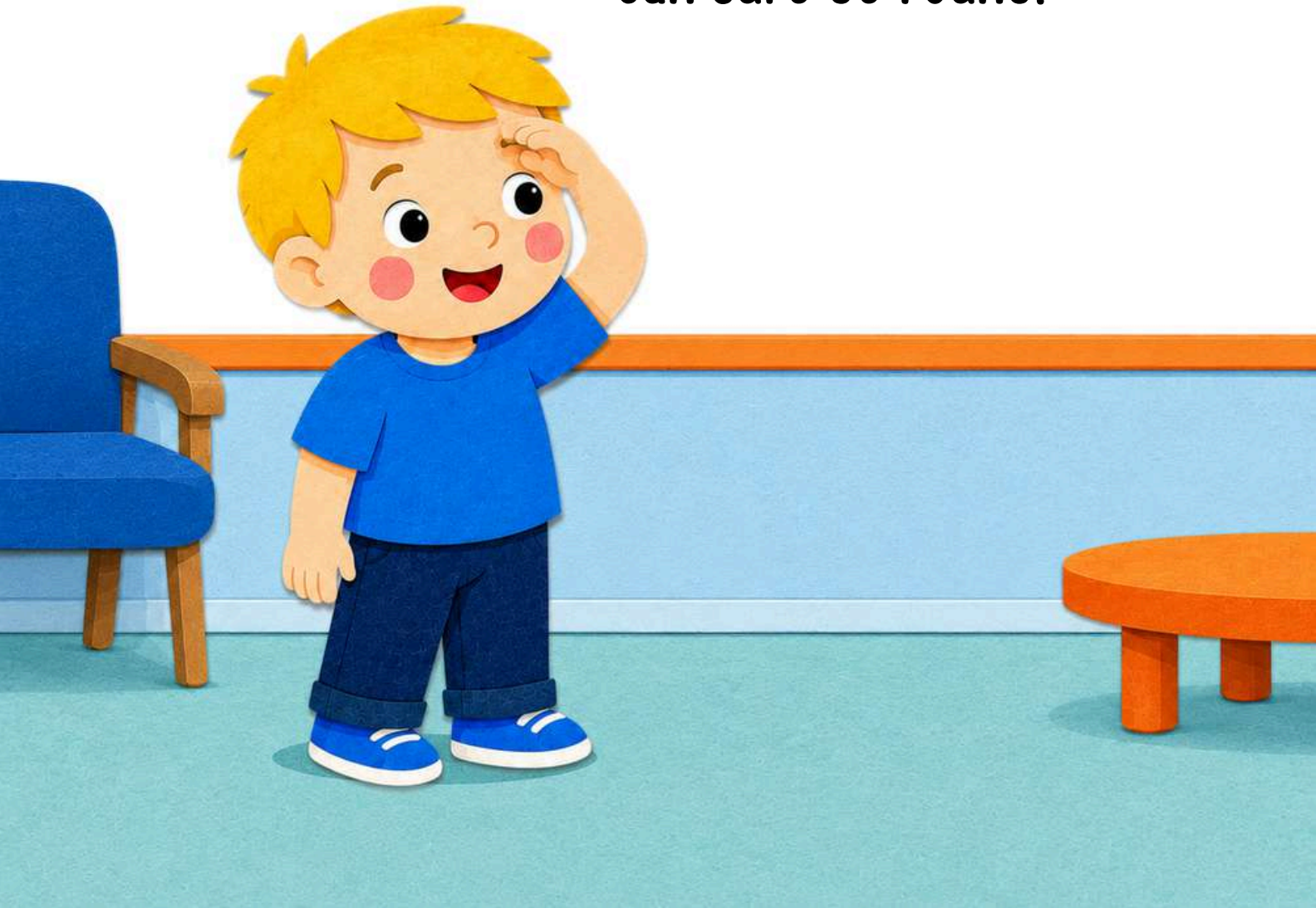
Every visit and every child is different. Let your child know it is okay to feel curious, worried, or unsure. Celebrate each small step and remind them: they can do hard things with support.



Hi, I'm Connor.
Come with me!
We're going to the doctor,
just wait and see!



When I get there,
I look around.
"I spy..." games
can sure be found!



I spy a poster.
I spy a big book.
I spy a window.
I spy a coat hook.



While we wait,
it might be loud.
Lots of voices.
Could feel like a crowd.

That's okay,
I have a plan.
I have my headphones
in my hand.

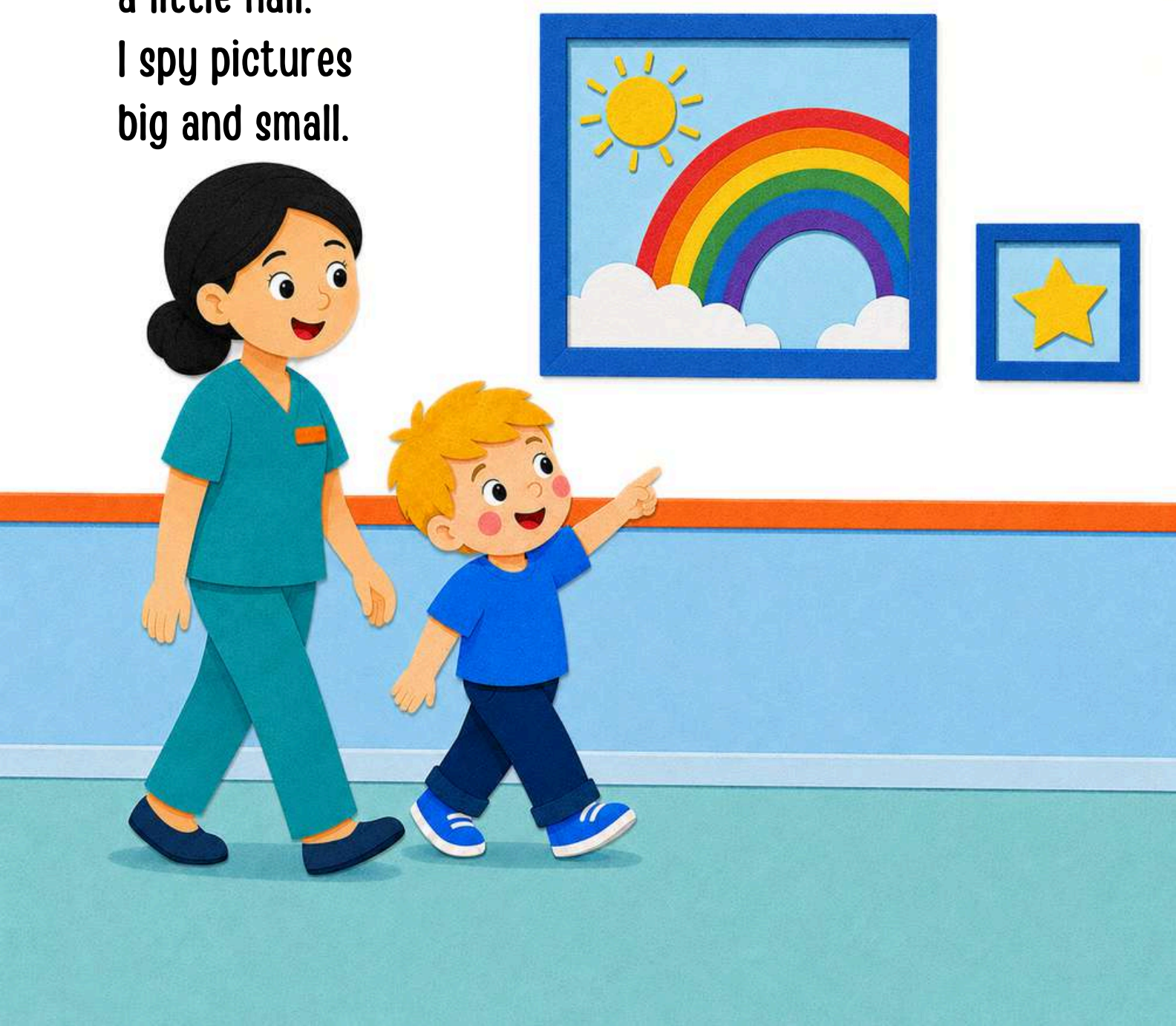


Soon I hear my name
out loud.
I stand up tall
and feel so proud!

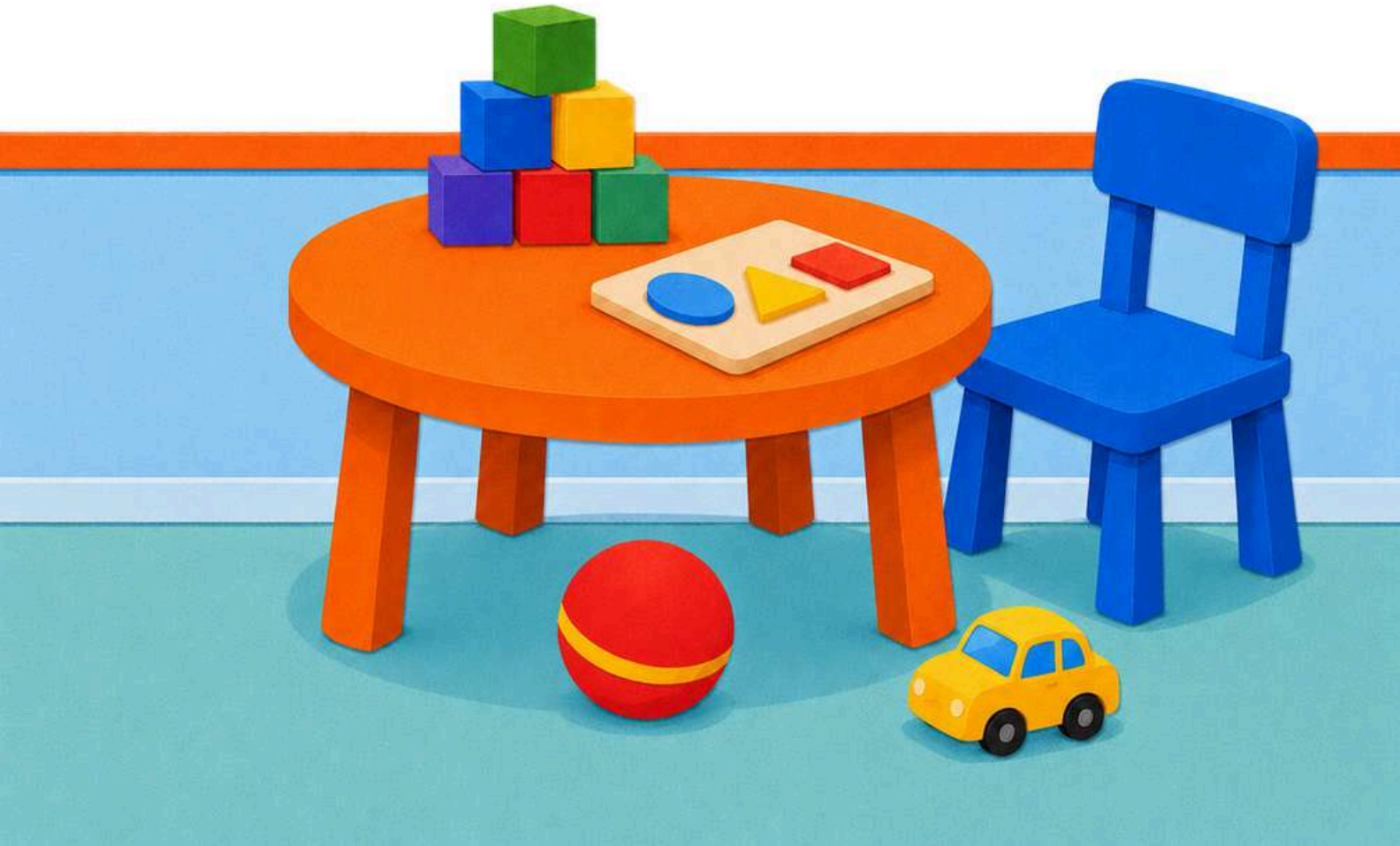
First, we stop
to check my weight.
I see numbers,
they look great!



Next, we walk down
a little hall.
I spy pictures
big and small.



I spy a table.
I spy a chair.
There are fun things
everywhere!



The doctor comes in
with a smile so bright.
She says, "Hello!"
in a voice that's light.

She talks with Mom
for just a bit.
While I wait,
I calmly sit.



The stethoscope
is neat to see.
It listens to what's
inside of me.

"Lub-dub, lub-dub,"
says my heart.
My heart is happily
doing its part.



Now it's time
for a gentle squeeze.
The blood pressure cuff
hugs my arm with ease.

Squeeze... squeeze...
then let go.
"All done," Mom says.
"Way to go!"



The doctor peeks inside my ears. "Let's take a little look in here!"



Then I open wide
and say,
"Ahhhhh!"
in my biggest way.



The visit doesn't
last too long.
It keeps me healthy.
It keeps me strong.

Sometimes doctor visits
feel funny or new.
That's okay,
I know what to do.



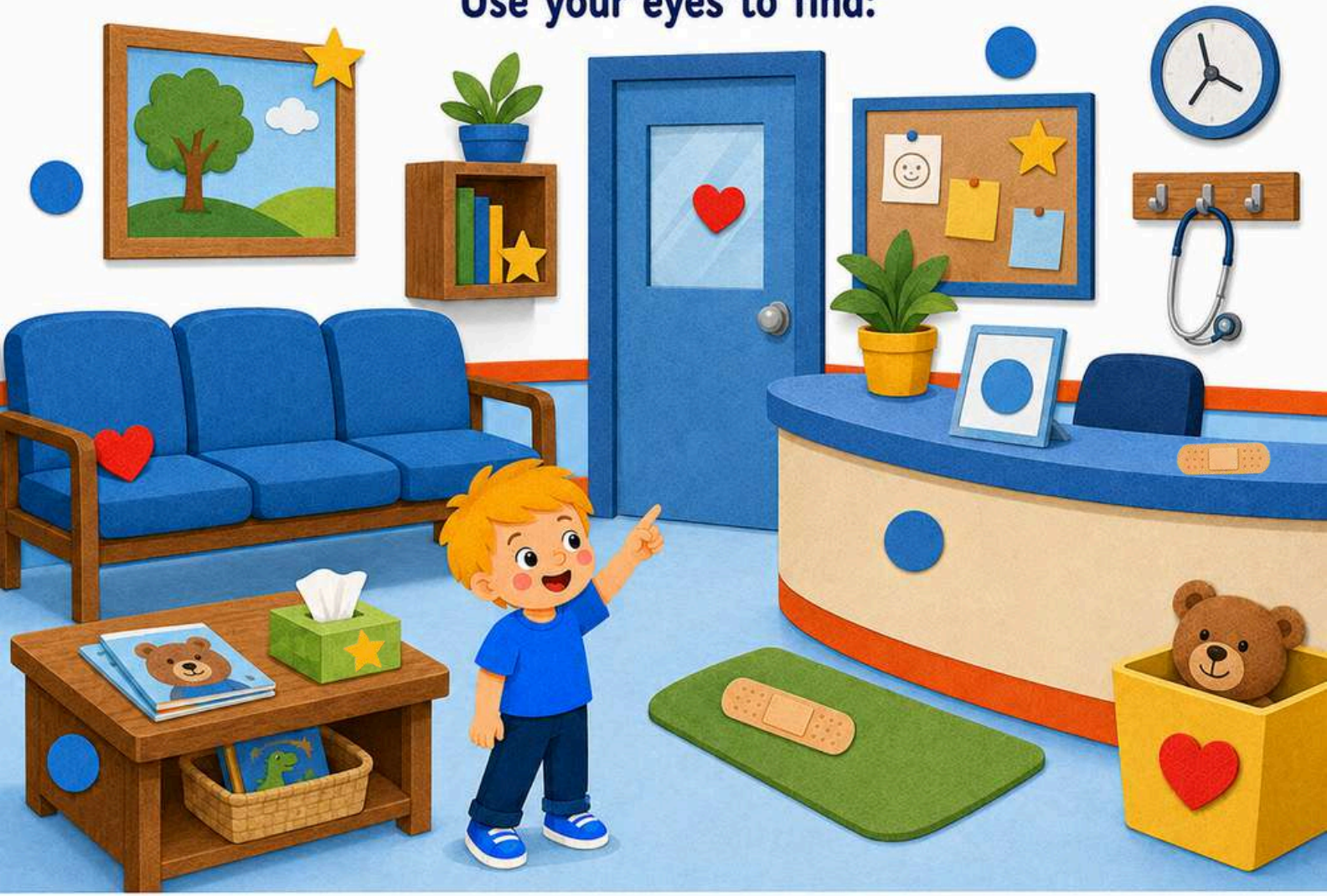
Mom gives me
a great big smile.
"You were brave"
all the while.

The visit is finished.
Hip, hip, hooray!
I'm proud of myself
for what I did today.



Connor's Doctor Visit I Spy!

Use your eyes to find:





1 stethoscope



2 bandages



3 red hearts



4 yellow stars



5 blue circles

Find the Matching Pairs!

Point to the two pictures that are exactly the same.
Can you find all 4 pairs?





Which Path Goes to the Doctor?

Use your finger to follow the path from Connor to the doctor.



Doctor visits can feel new—but Connor has a plan!

Follow along as Connor explores the waiting room, listens to his heartbeat, and learns what to expect during a checkup. With support from Mom and a few helpful tools, Connor discovers that he can handle each step and feel proud of himself.

A gentle social story about preparing for a doctor visit, building confidence, and celebrating every brave moment.



© 2026 Proud Moments ABA. All rights reserved.

Proud Moments ABA
1.877.PMT.ABA1 (1.877.768.2221)
info@proudmomentsaba.com
www.proudmomentsaba.com