

# Welcome to the Autism Center/Meyer Center:

A Social Story to Prepare Patients and Families for Visits



**Texas Children's  
Hospital®**

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# Message to Parents

Some children and teenagers benefit from having a written or picture-based guide for situations that are new or not part of the regular routine. A Social Story can be a helpful tool to provide a reasonable overview about an upcoming situation or event so that children and teenagers know what to expect. Some parents may find it helpful to read the story with their child a few days prior to the visit. Others may find it more helpful to read it the morning of the visit or on the way to the visit.

I am going to meet with a doctor today. People go to the doctor for a lot of different reasons. Some people go to the doctor when they're sick. But sometimes they go to the doctor even when they're not sick.



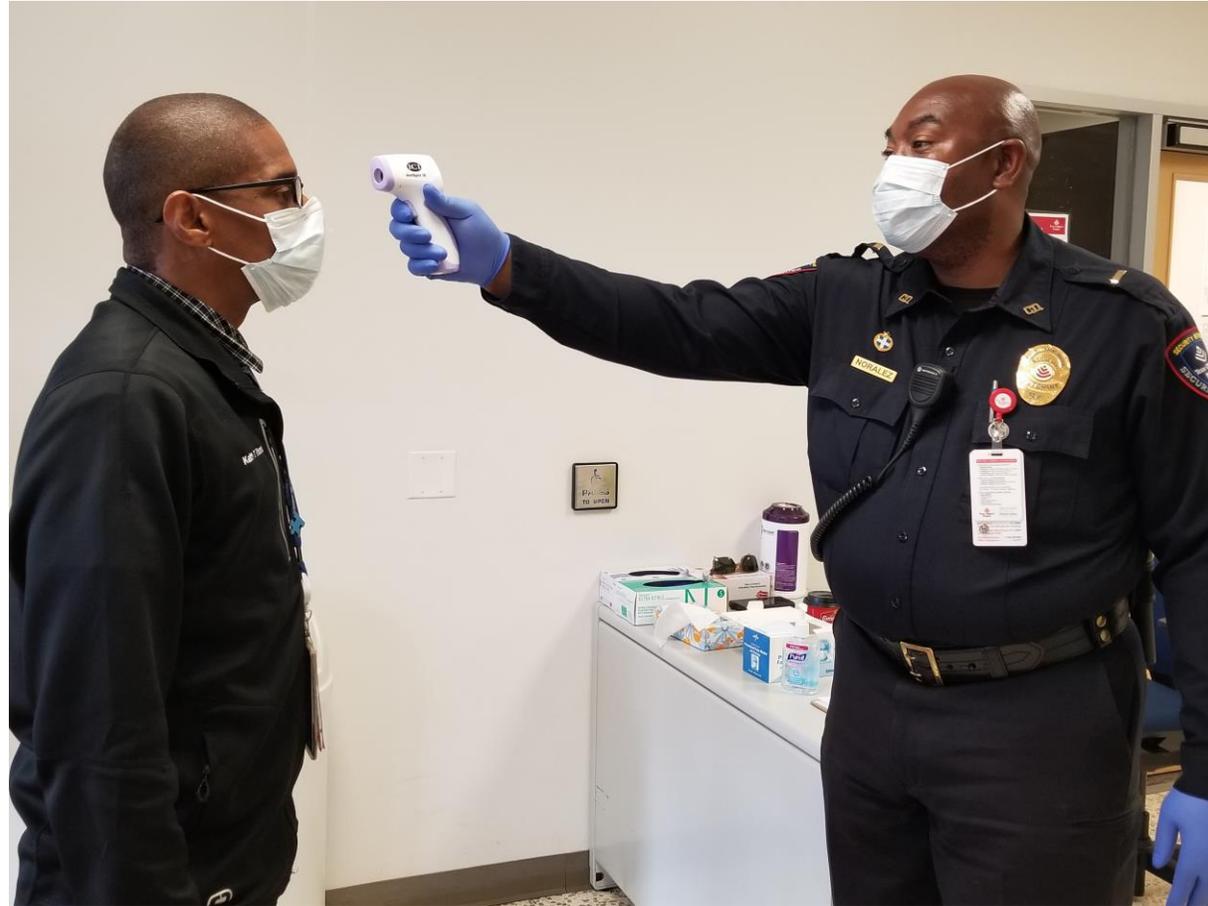
When I meet with the doctor today, things might seem a little different. Everyone should be wearing a mask or face covering and it will be important for me and my family to wear ones too.



When I arrive to the Autism Center/Meyer Center, I will drive into the parking lot. I may be greeted by a Texas Children's commissioned officer. He will be wearing a mask to keep everyone healthy.



Before I enter the building, the officer or security guard will check my temperature and my parent's temperature.



It's important for me to hold my parent's hand while I walk through the parking lot. My parent should wear a mask or face covering and I will try my best to wear one too.



While I walk through the parking lot, I will pass by a playground. Unfortunately, I won't be able to play on the playground during today's visit.



When I walk into the waiting area of the Autism Center or Meyer Center, I will see the bubble towers, some televisions, and chairs that are spread far apart from one another. It's important for me to stay near my parent and socially distance from other patients in the waiting area.



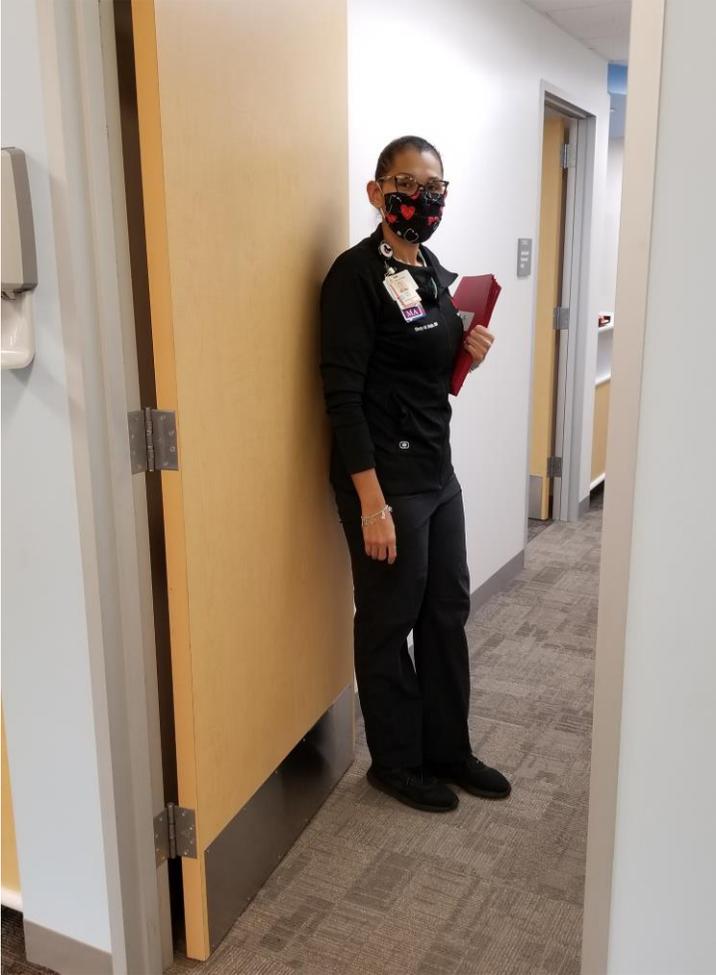
My parent will talk to a person at the front desk to check-in for my appointment. That person will be wearing a mask and will sit behind a clear window to safely keep their distance. I will wait quietly and calmly near my parent.



When it's my turn to see the doctor, the nurse or medical assistant will call my name. They will also be wearing a mask. I may have to go to the vitals area.



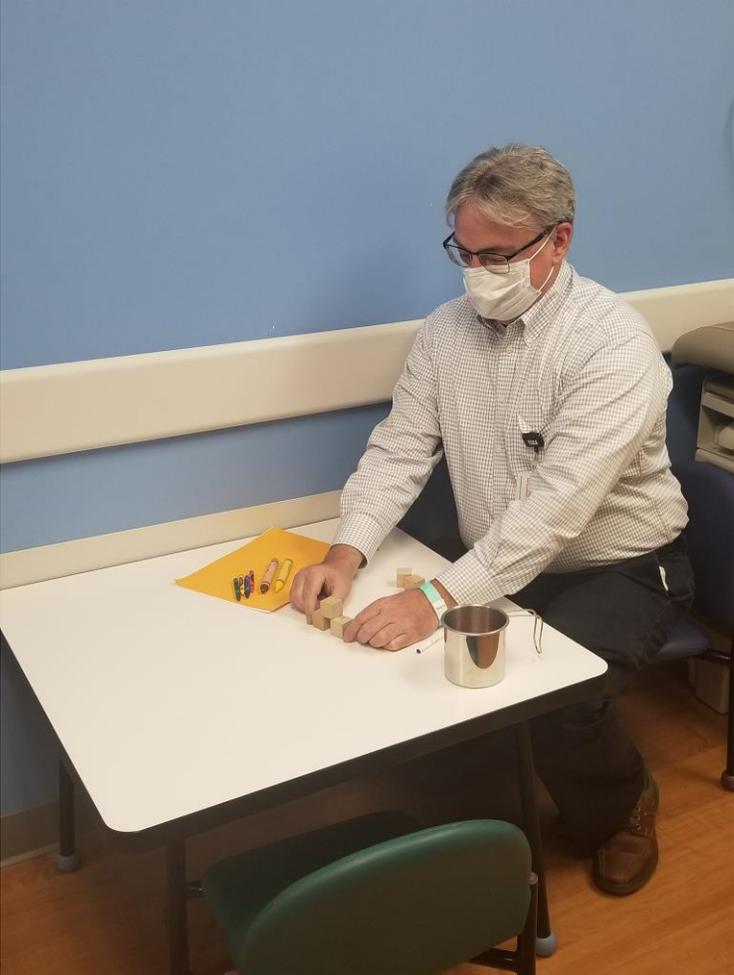
All of the staff including the doctors, nurses and medical assistants will be wearing masks because they want to keep me and my family healthy.



The nurse may ask me to stand on the scale to see how much I weigh. The nurse may ask me to stand so she can see how tall I am. I may have to sit in a chair while a nurse checks my blood pressure. She may wrap my arm in a cloth that may feel tight like a hug. It's important to listen to the nurse. If I get nervous, I can tell the nurse, focus on deep breathing, or ask my parent to hold my hand.



When it's time to meet with the doctor, I may meet with them in an exam room or a testing room. I may meet with one doctor, but other times there may be other people in the room.



Sometimes I will be in the same room as my parent or I may be in a separate room talking or playing with a different person. That person may be wearing a mask, face shield or both. Sometimes the doctor will ask me questions or ask me to do activities like puzzles and to play with blocks. I will try my best to listen to the doctor, use nice words, and have a calm body.



If I need to take a break, I can always ask the doctor, nurse or my parent for a break. I can also ask to go to the bathroom at any time.



When I am all done with my appointment, my parent may have to talk to the person at the check-out desk. I will try my best to stay near my parent during this time.



My parent will be so happy and proud of me for waiting patiently, listening to the doctors and nurses, using nice words, and having a calm body.

