

## Planning for Good Visits to the Doctor

### What you and your doctor can do to help the visit go smoother:

#### Prepare the exam room

Nurse/Medical Assistant can check in advance with the parent regarding room accommodations. These may include:

- Quiet room
- Room without a window
- No bright lights
- No music

If necessary remove all objects that could potentially be used as missiles or weapons.



#### Minimize waiting time if possible

##### Consider:

Scheduling the child as the first appointment of the day (ten minutes earlier will prevent the child from seeing other people when he arrives).

##### Potential advantages:

Minimizes risk of:

1. Child "melt-down".
2. Disruption for other families in the Waiting Room.
3. Embarrassment for the parent.
4. Damage to the actual Waiting Room.

If possible register the child in advance by telephone.



## Be alert for your own safety

Some children with autism may not understand that you are there to help them, instead they may see you as a threat. They can be calm at one moment and erupt the next and may:

- Head-butt
- Bite
- Kick
- Spit
- Punch
- Pull hair



Respect the child's personal space (it may be much larger than usual).

Source: *Help Autism Now*, at [www.helpautismnow.com](http://www.helpautismnow.com)