



I need my ears and throat examined

1



My doctor needs to examine me to figure out why I am sick. This means they need to look in my ears and my mouth.

2



When the doctor looks in my ears and mouth, my job is to keep still so they can see clearly and get it done quickly.

3



When my ears are checked I can choose which ear the doctor checks first. The doctor will hold the top of my ear so they can see clearly.

4



The doctor will look in my ear with an otoscope. This is placed in my ear and acts as a telescope; it has a light to help the doctor see inside my ear. It will last a few seconds.

5



When my mouth is checked I need to open my mouth really wide and poke my tongue out so the doctor can see my throat. I can help the doctor by doing a big "roooarrrrr" like a lion or dinosaur.

6



Sometimes the doctor will help me to move my tongue out of the way by placing a pop stick on my tongue and gently pushing down. This may feel a bit uncomfortable but it won't last long.

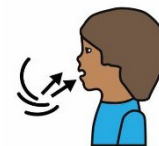
7



When I am having my ears and mouth checked I can sit on my caregiver's lap or have them close by so I feel safe. If I find it tricky to keep still my caregiver can help hold me.

8

Take deep breath



Now that I'm done I can do something that settles me if I'm upset, or find an activity to do while I wait.