

Visiting the



First Steps

Doctor

Help your child through a new experience

with over 30
stickers!



**Mommy and I are at the
doctor's office today.
I need a check up to make
sure I am healthy and
growing. My teddy's come
for a check up, too!**

I'm Sophie.



**This is the waiting room where we
wait to see the nurse and doctor.**



**The waiting room
has a play area
with toys and books.
I take Teddy there,
and read him a story
while I wait for my check up.**



**They called my name!
A nurse is seeing me first,
then I'll meet the doctor.
Mommy and Teddy are
coming with me. We all go
to the examining room.**



**We all go into the examining room
where I'm having my check up.**

**I stand still
on the scales.**



**Teddy tries to
stand very tall!**



**The nurse takes my
temperature, weighs me
on a scale, and measures
how much I have grown.
Then it's Teddy's turn. I'm taller
and heavier than Teddy!**

**Next I meet Doctor Harrison.
She says she wishes she had
a Teddy like mine! She has
a special tool with a little
light for looking into my ears
and down my throat.**



The special tool is called an otoscope.



**Doctor Harrison examines
Teddy first. His ears are fine!
Then it's my turn.
Mommy holds my hand
while I sit very still. The
special tool tickles my ears!**





**Then Doctor Harrison
listens to my heartbeat with
a stethoscope. She lets me
try it first, then she uses it.
Doctor Harrison hears my
heart go boom, boom, boom!**



The round part feels cool on my skin.

**Doctor Harrison puts the
stethoscope on my back, too.
She asks me to take deep
breaths so that she can
listen to my lungs and the
sound of my breathing.**

**At the end of my check up,
Doctor Harrison tells me I am
doing a great job growing
up—and so is Teddy! She talks
to Mommy and me about
what I can do to stay healthy.**

Eat healthy food.



Brush my teeth.

**Move around
a lot!**



**Wash my hands after
going to the bathroom!**



**Doctor Harrison says
that since Teddy and I have
been such good patients,
we will both get a special
sticker to take home! Hey,
I like going to the doctor!**





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Sophie is going to see the doctor, and teddy is coming, too!
See how the doctor checks that Sophie and Teddy are healthy,
and get your own special stickers.

Help your child through a new experience
with DK First Steps



\$6.99 USA
\$8.99 Canada

First published in the United States in 2007 by DK Publishing, Inc.
375 Hudson Street, New York, New York 10014
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07 08 09 10 11 10 9 8 7 6 5 4 3 2 1

Designed by: Victoria Harvey; Written by: Dawn Sirett

Special Photography: Howard Shooter

Educational Consultant: Geraldine Taylor

U.S. Editor: Jennifer Quasha

With thanks to Joseph Lee and Dr Alison Janzen for medical advice.



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ISBN 978-0-7566-2585-6



5 0 6 9 9

9 780756 625856

Printed in China by Hung Hing