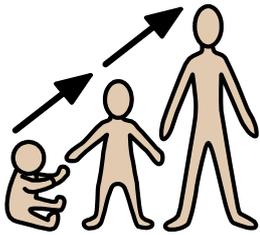
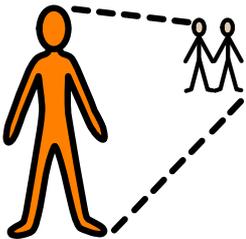


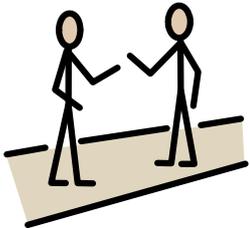
Seeing the doctor on your own



As you grow older, you learn new things. You might start to do things on your own, without your parents being there. This is called becoming independent (said: inn-dee-pen-dent).



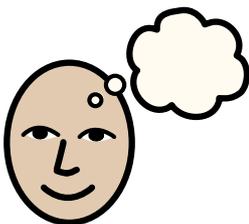
One thing you can do is start to talk to your doctor on your own. It does not have to be for all the appointment. It is important that you spend a few minutes with the doctor without your parents there.



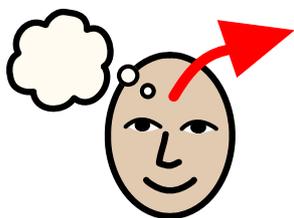
Speaking to you on your own helps your doctor get to know you. They want to find out what is important to you. This might be different to what your parents think.



You might feel a bit scared to talk to the doctor without your parents. This is normal. You will find it easier the more often you do it.



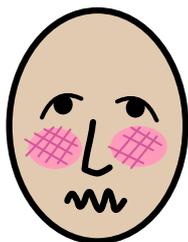
You can get ready by thinking about what to tell the doctor. As well as how you are feeling, you could tell them about what you think is important.



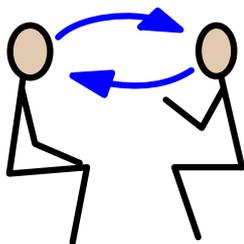
You will need to remember what to say to the doctor. You could draw a picture to remind you. You could make a note on your phone.



If you use a talking board, your helper could add what you want to say to the board.



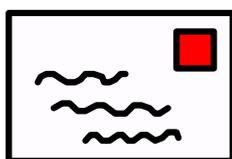
Do not feel shy about talking to the doctor about anything. If it is important to you, it will matter to them too.



The doctor will not tell anyone (including your parents) what you have said. That will stay private.



They will only tell someone what you have said if they think you are in danger.



You can ask the doctor to write a letter saying what you talked about and what happened. You should keep this safe.



Please ask us if you have any questions.