

SHOW US YOUR

Tots

As a parent, your child's well-being is your top priority. While your little ones may not yet know the importance of good health, building a positive

relationship with a physician is a great first step and can give your child the tools needed to make healthier choices in the future.



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The relationship between a physician and your child is key to great health. Visit your pediatrician to discuss how you can help your child learn to make choices for a healthier future.

AT THE DOCTOR

Help your child have a positive interaction with your pediatrician by explaining what will happen throughout the visit.

A routine visit will include:

- height and weight
- blood pressure
- check of vital functions
- vision and hearing screening
- comprehensive physical exam
- review and update of immunizations
- review of diet, exercise and sleep habits



WHO'S AFRAID OF THE BIG, BAD DOCTOR?

It's normal for children to experience anxiety about a visit to the doctor.

Common fears include:

Separation. *Don't leave me!* Children often fear that their parents may leave them in the exam room. This fear is most common in children under the age of 7, but can affect children as old as 12 and 13.

Pain. *Will it hurt?* Children often fear that part of the exam will be painful, and especially anxious about the thought of an injection.

The doctor. *Why so mean?* Children may confuse qualities such as speed, efficiency, or a detached attitude as sternness, dislike, or rejection.

The unknown. *Am I okay?* Children can worry that a problem may actually be worse than a parent is telling them.

SOURCES:

www.kidshealth.org
www.healthychildren.org
www.nlm.nih.gov

NEED A PEDIATRICIAN OR SPECIALIST?

For help finding the right one for you and your family, contact St. Luke's Physician Referral Service at 314-205-6060 or visit stlukes-stl.com.

Your pediatrician can help to identify any concerns that should be referred to a specialist as well as provide you with a list of recommended providers.

