

Visiting the NUH
Feeding and Nutrition Clinic

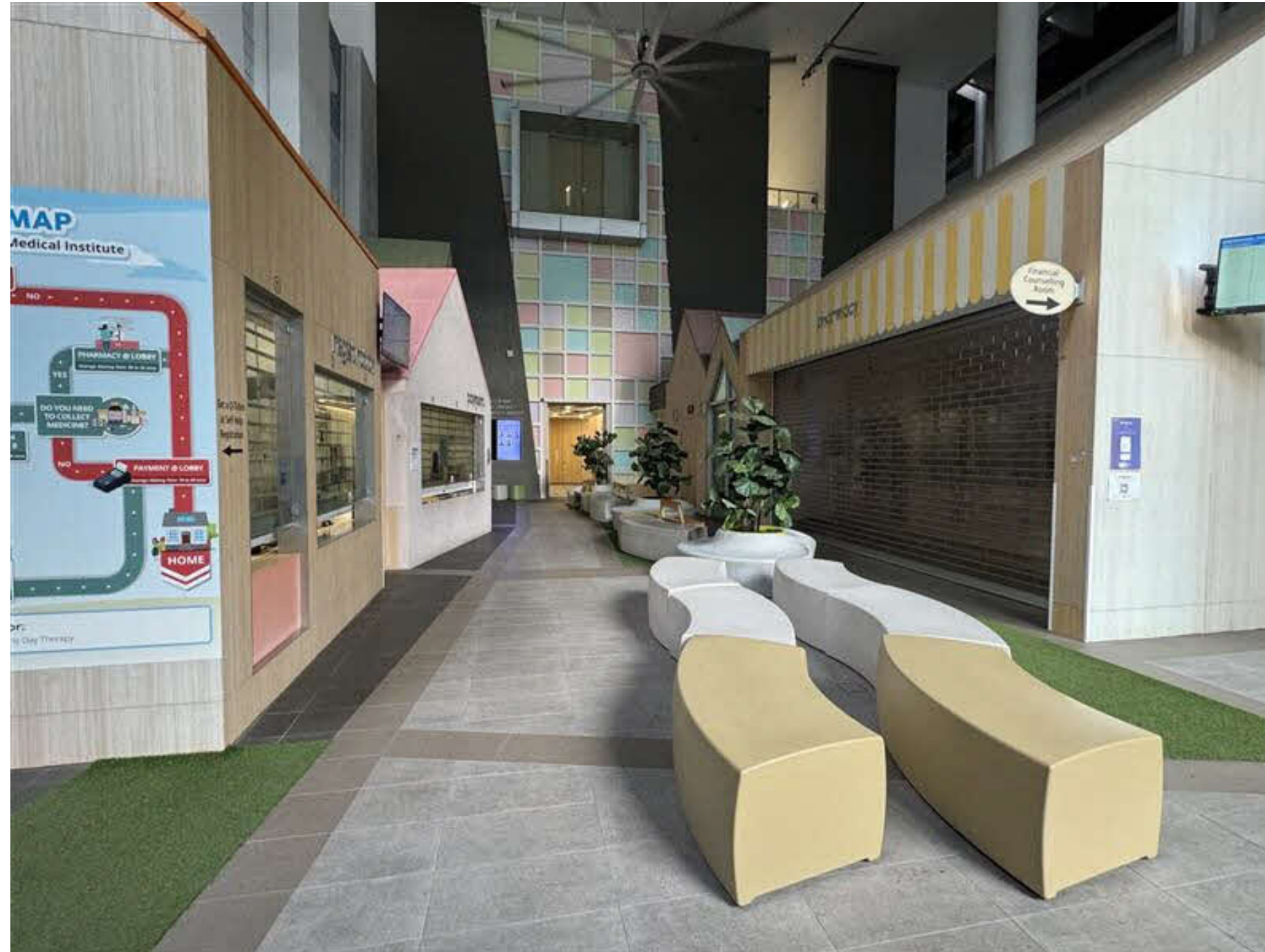
Welcome to our clinic!

I will be visiting NUH on _____ at _____.

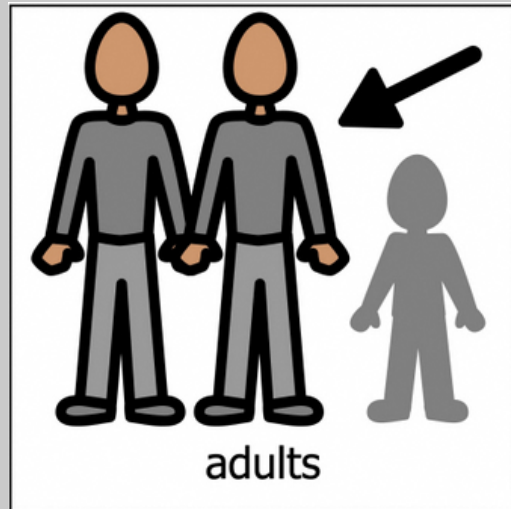


Caregivers, please fill in the date and time of your child's appointment in the blank above.

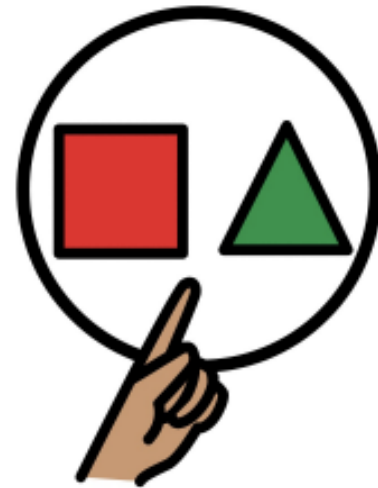
When I arrive, I will wait here.



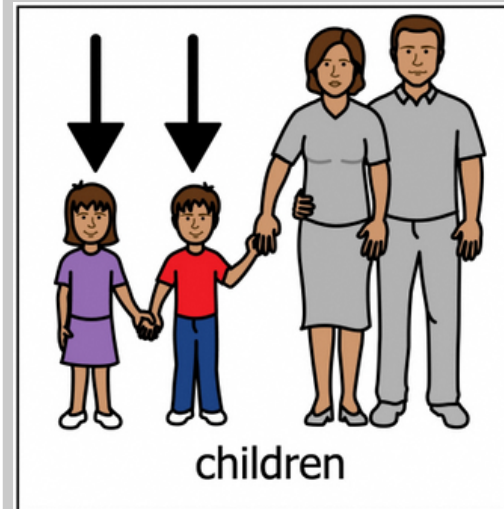
Other adults and children will wait here too.



Adults



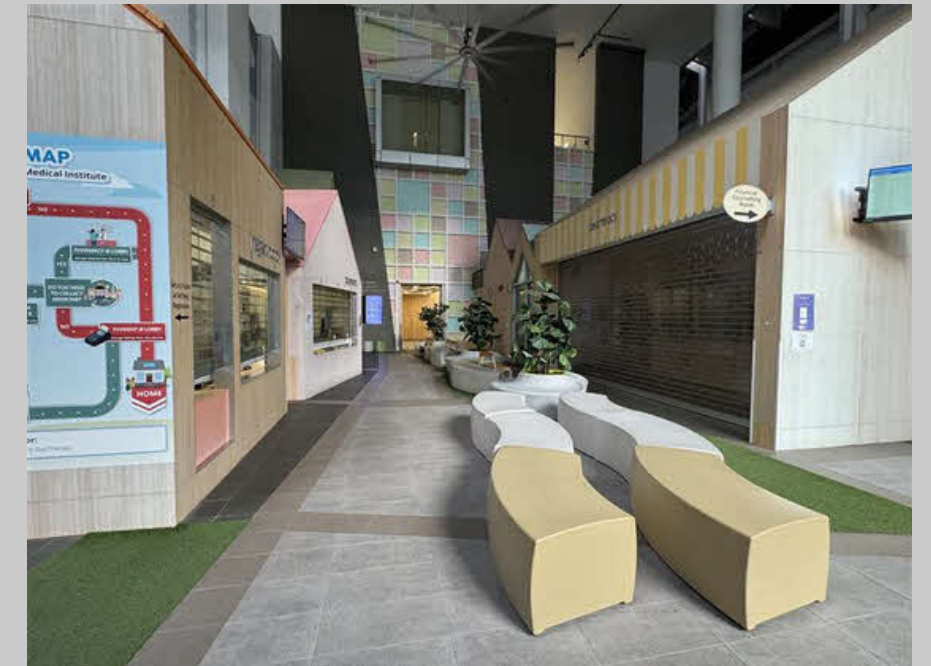
and



children



wait

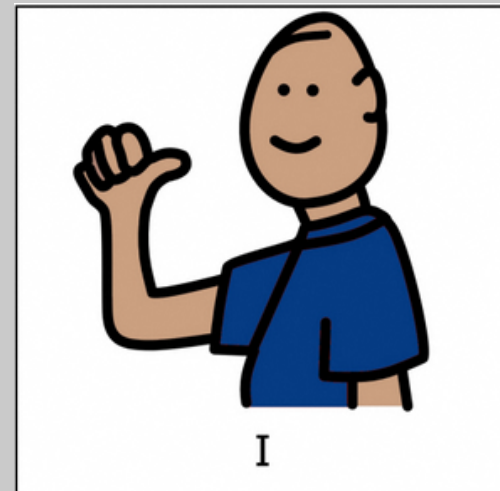


here

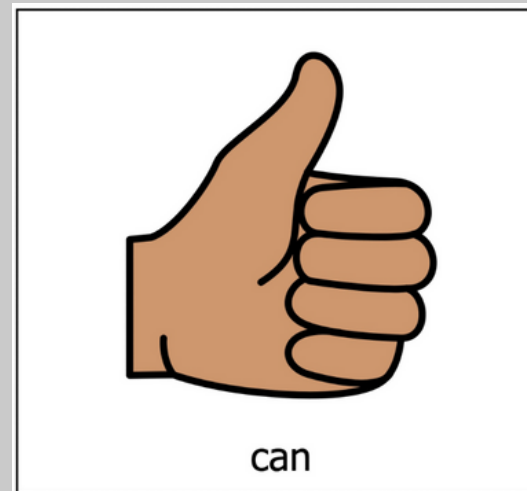
When it is loud, I can move to a quiet place.



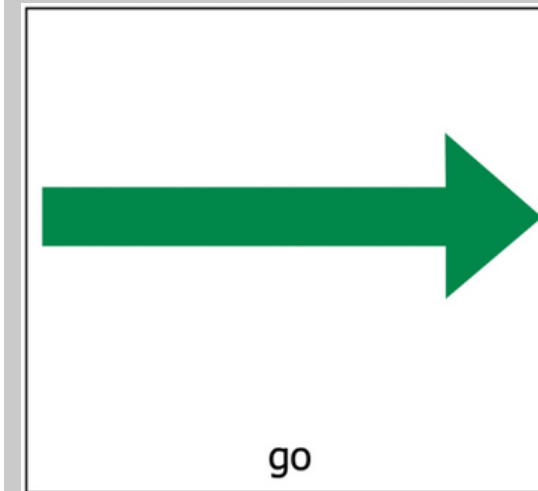
When loud



I



can



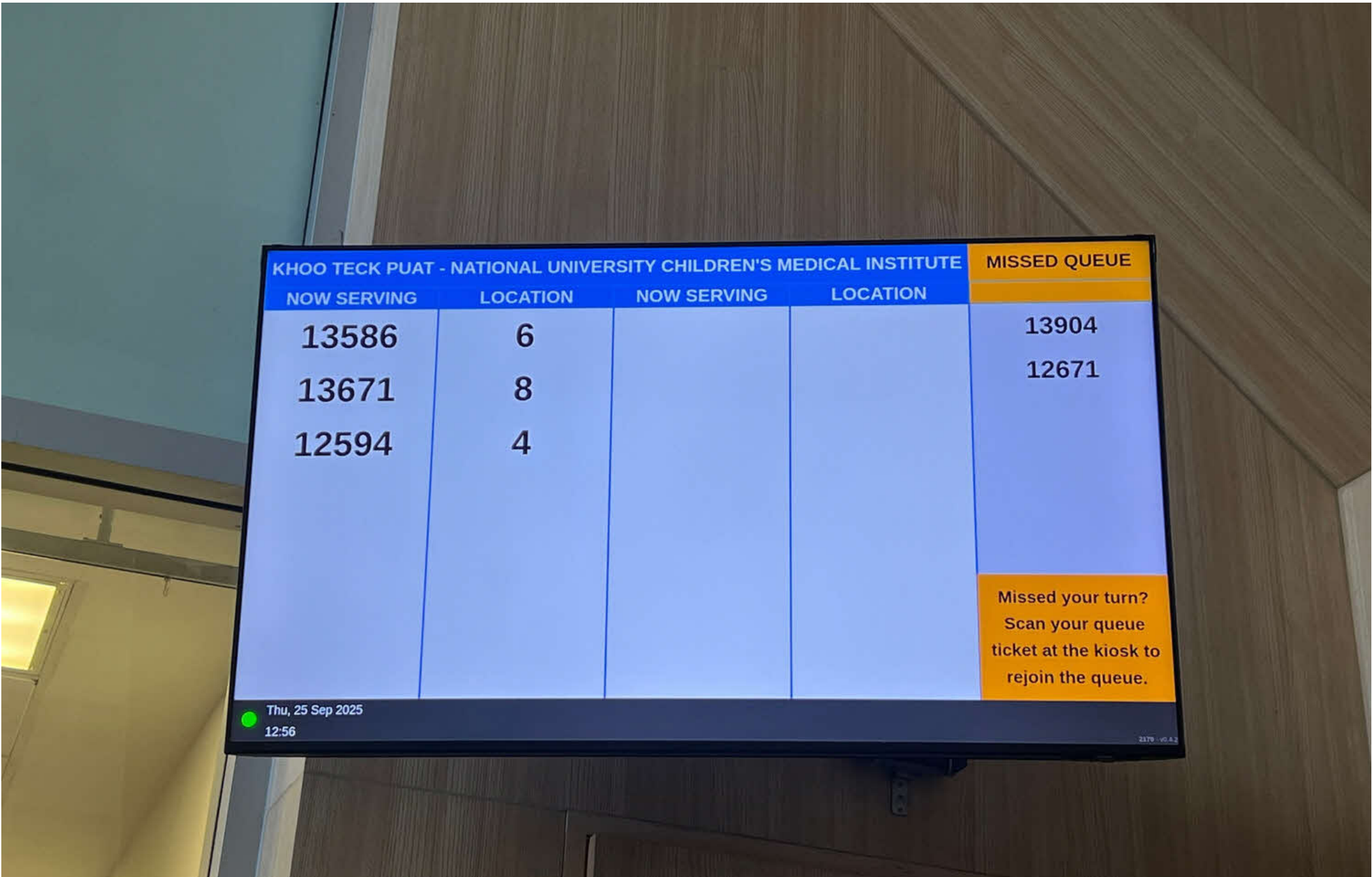
go to



a quiet place

Caregivers, you may
stick a photo of your
child over this picture.

My number will appear on the screen.



I will enter this room to take my height and weight.



A nurse will ask me to take off my shoes.



I will stand on this machine to take my weight.

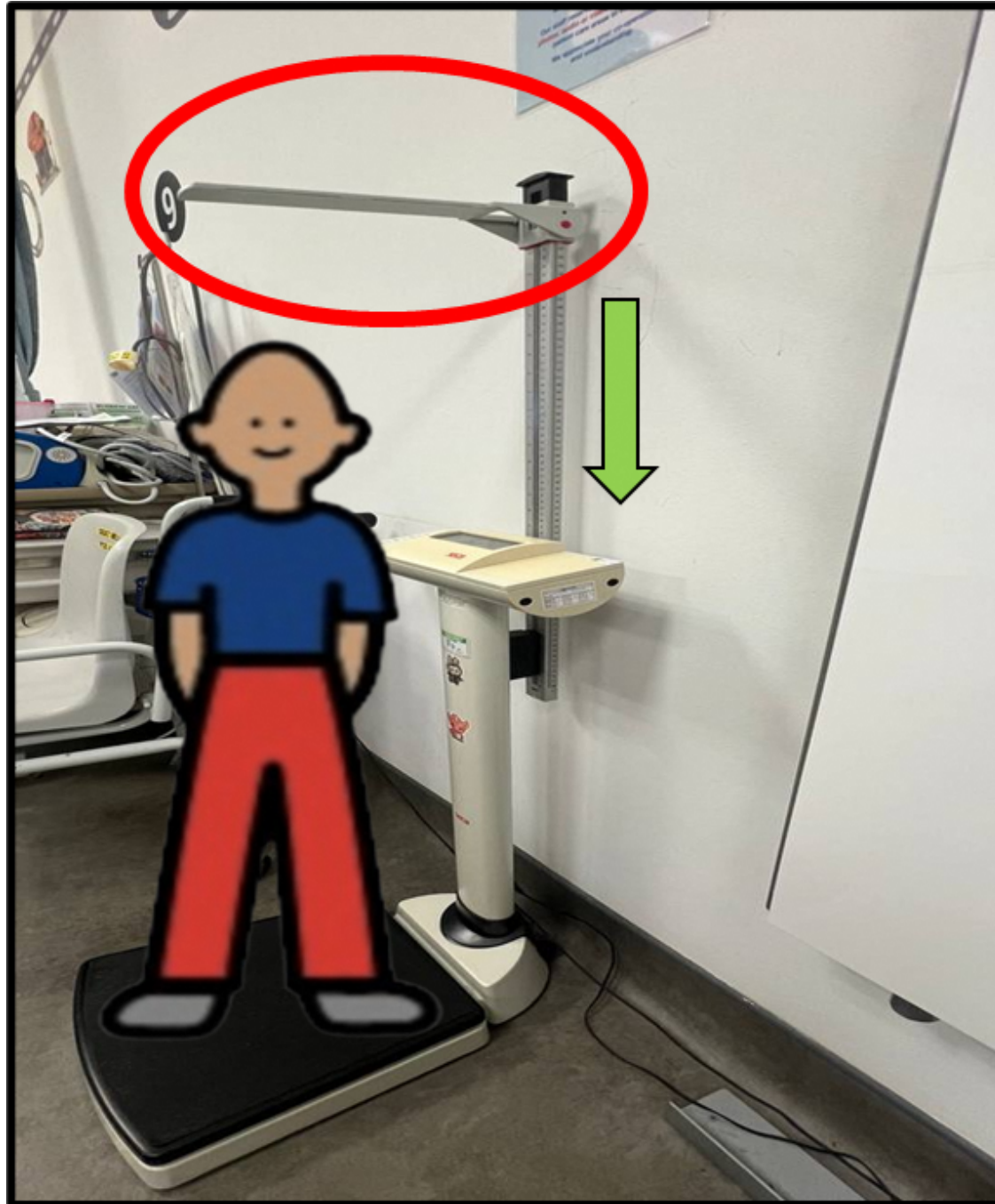


Level 2

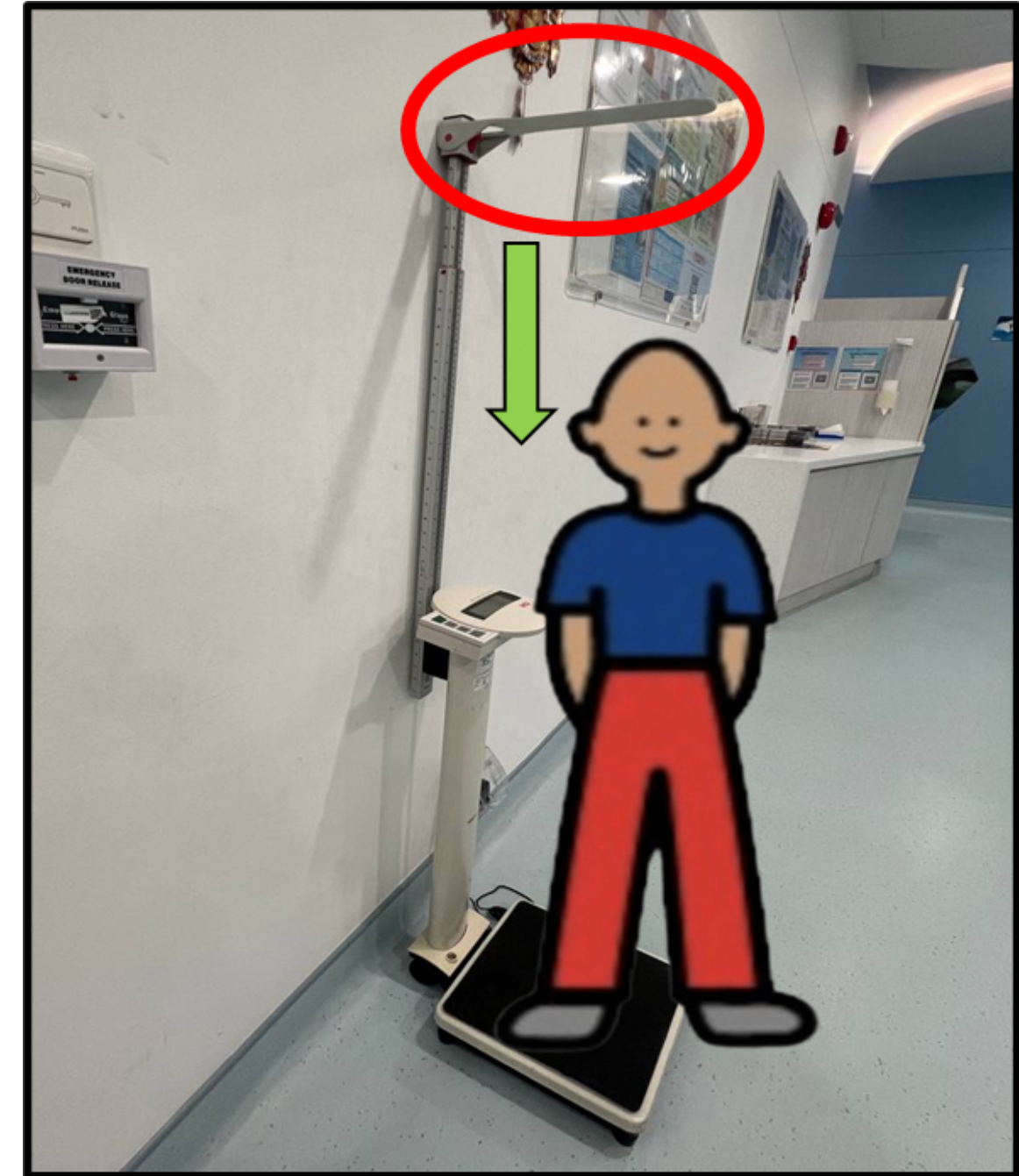


Level 8

The nurse will move this lever to take my height.



Level 2

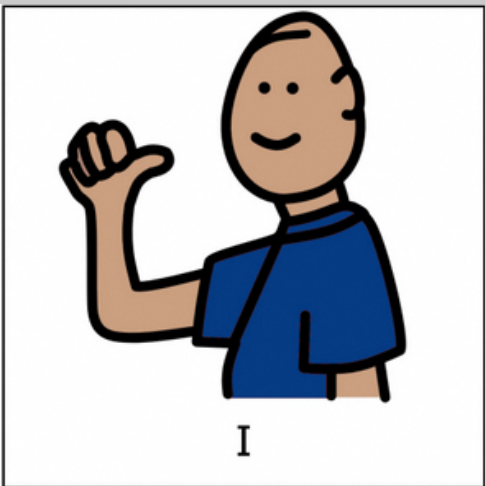


Level 8

When I am scared, I can look at _____.

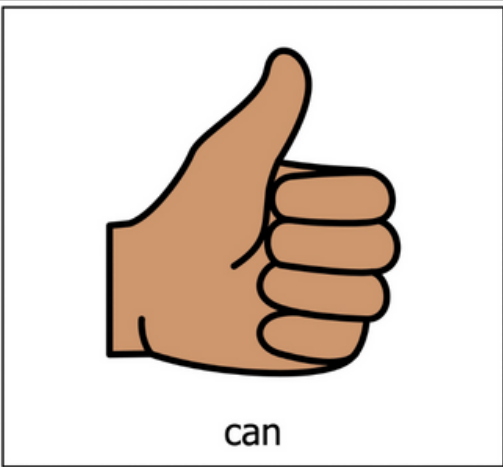


When scared

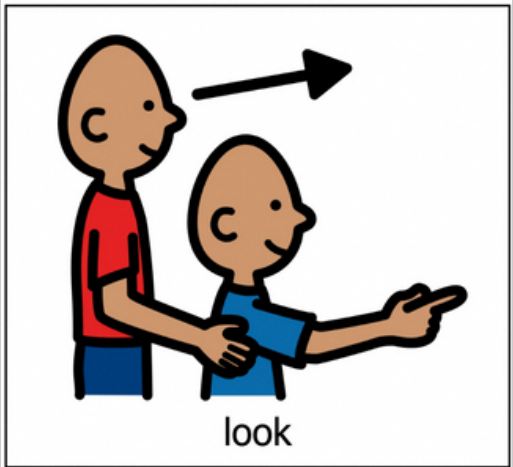


I

Caregivers, you may stick a photo of your child over this picture.



can

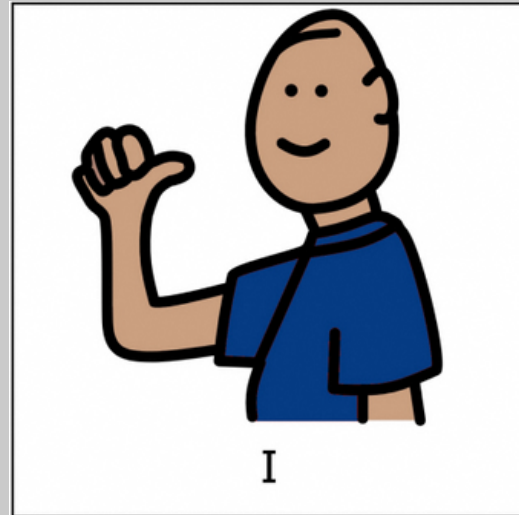


look at

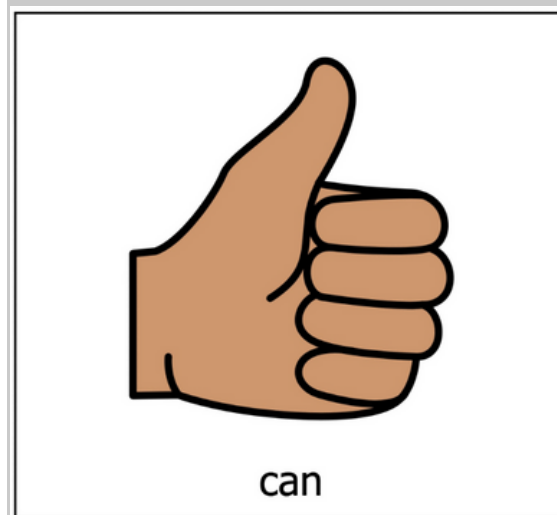
Caregivers, you may stick the photos of the people visiting the clinic with your child here.

Caregivers, please indicate who will be coming to the session with your child in the blank above (for e.g., Mummy, Daddy, Grandma, Auntie, etc).

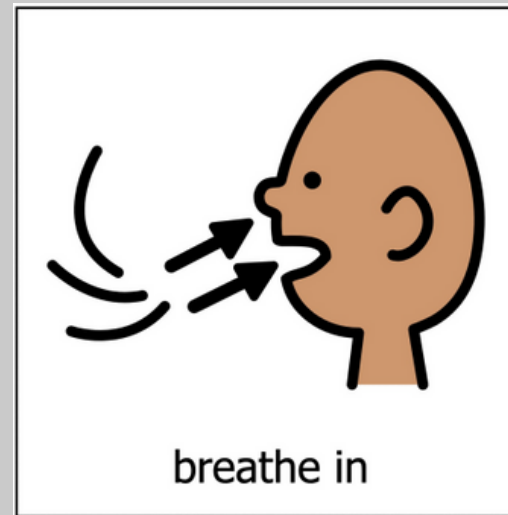
I can also breathe in and out when taking my height.



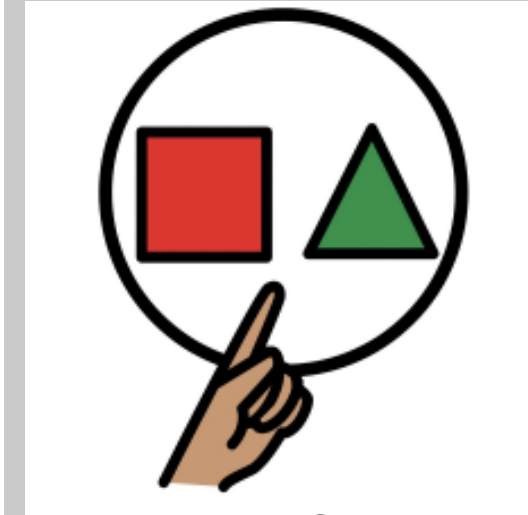
I



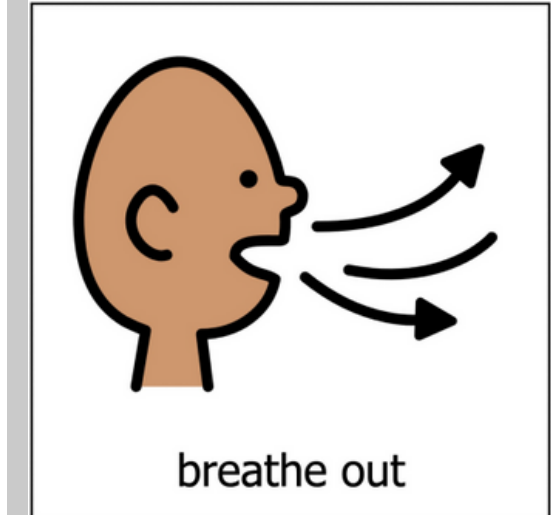
can



breathe in



and

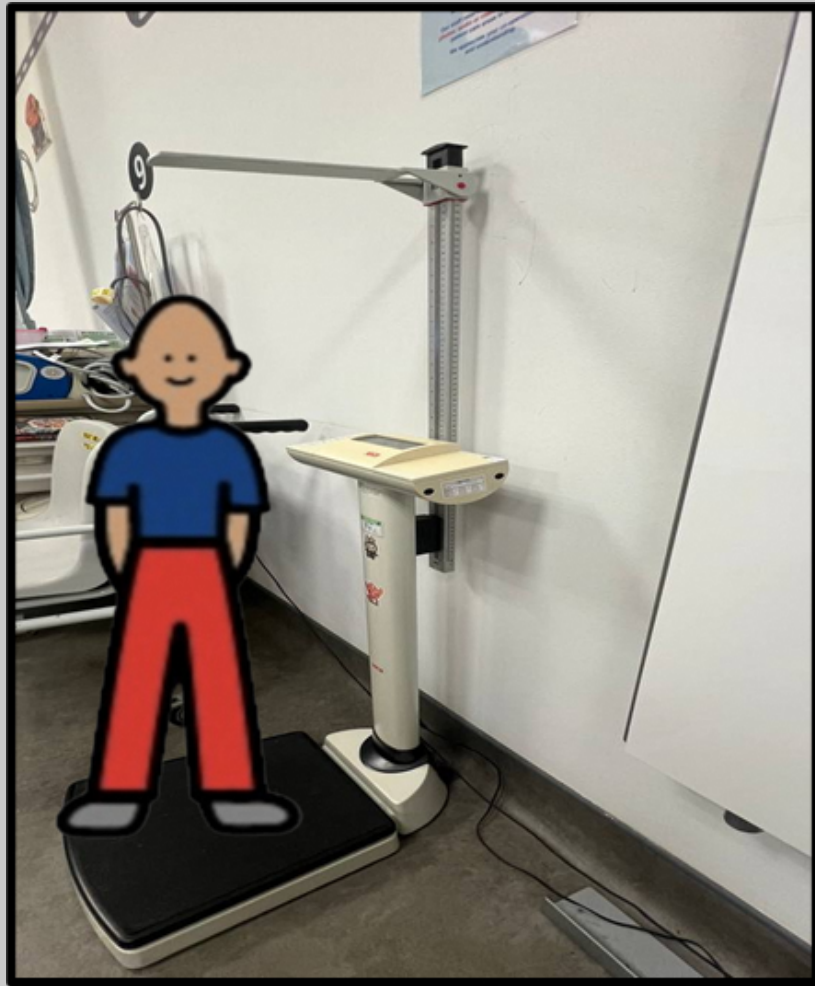


breathe out

Caregivers, you may
stick a photo of your
child over this picture.

Next, I will take the lift.

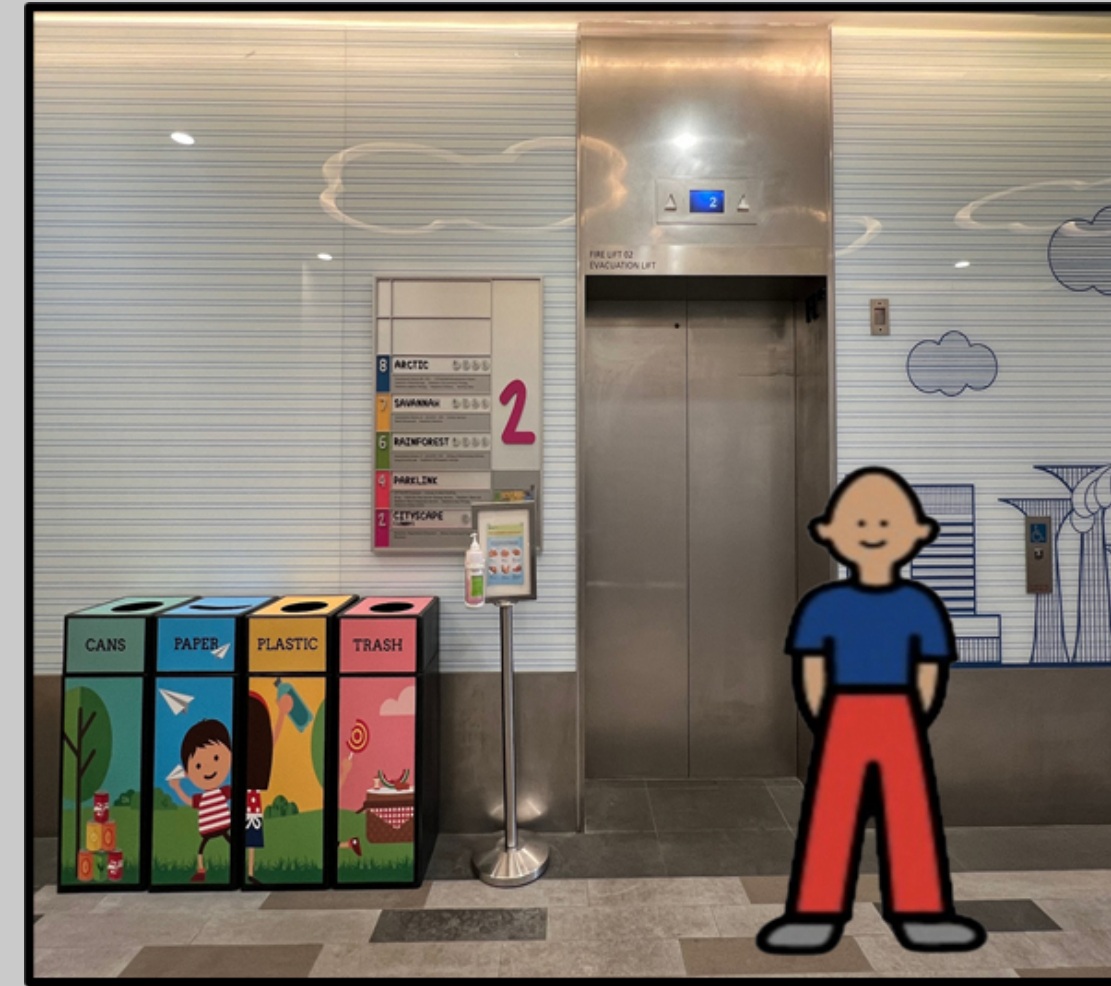
first



take height

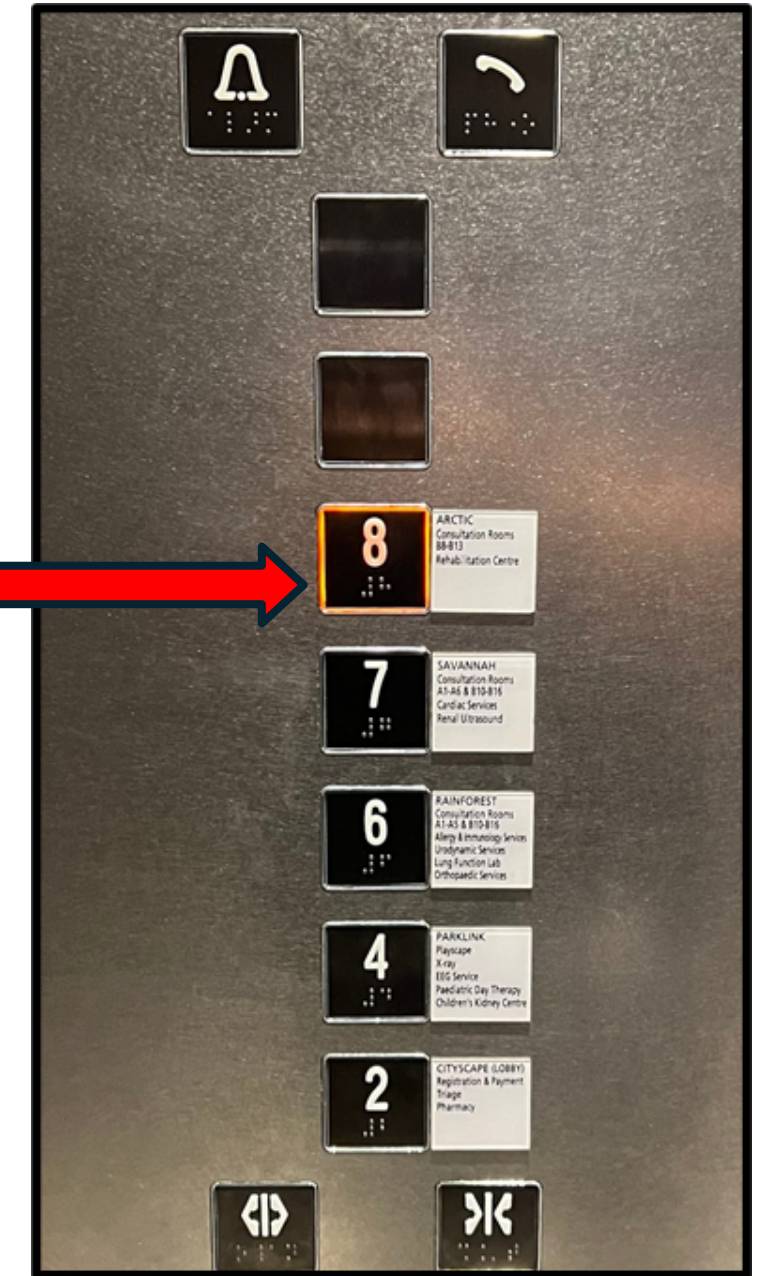


then



take lift

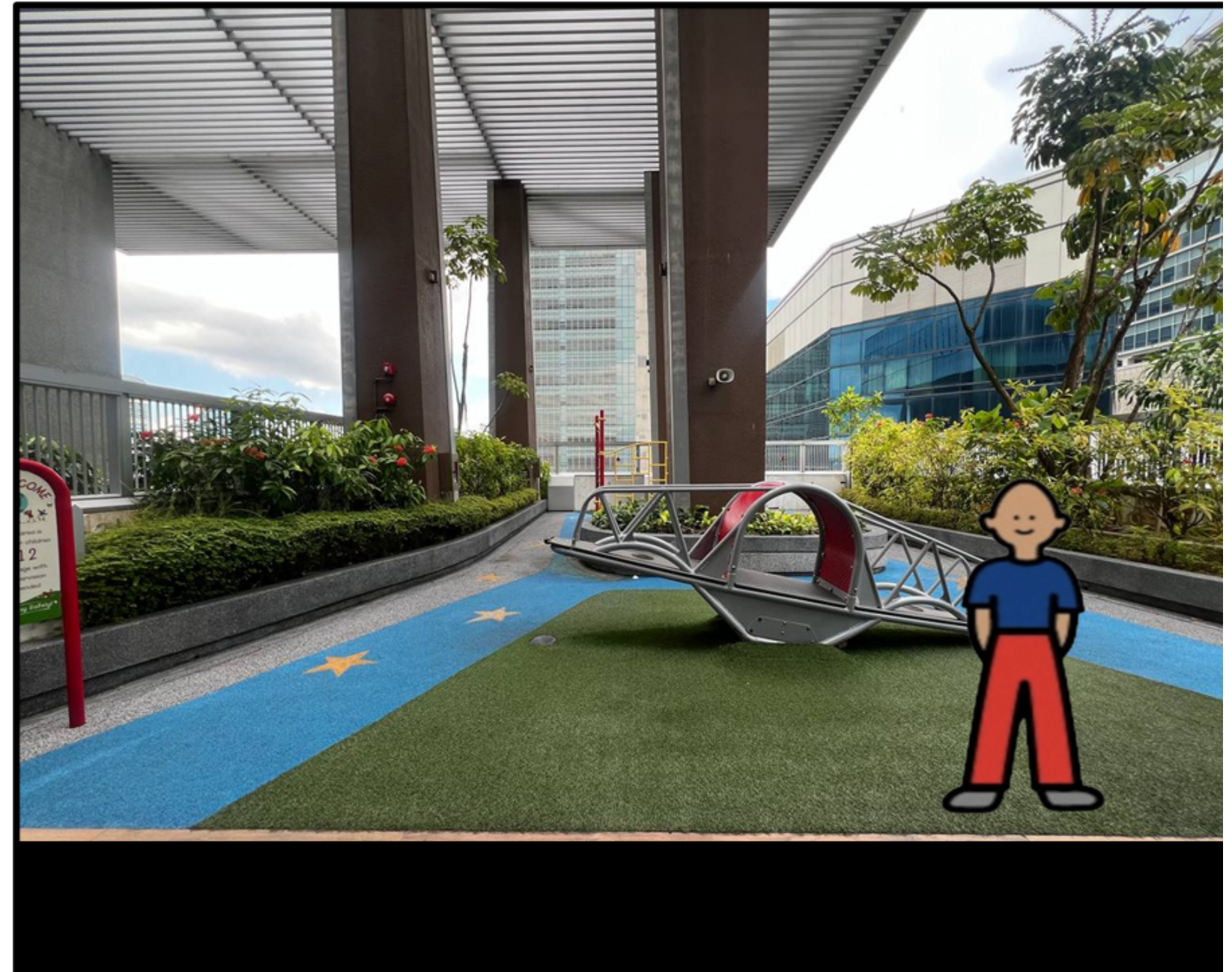
I will take the lift up to level 8.



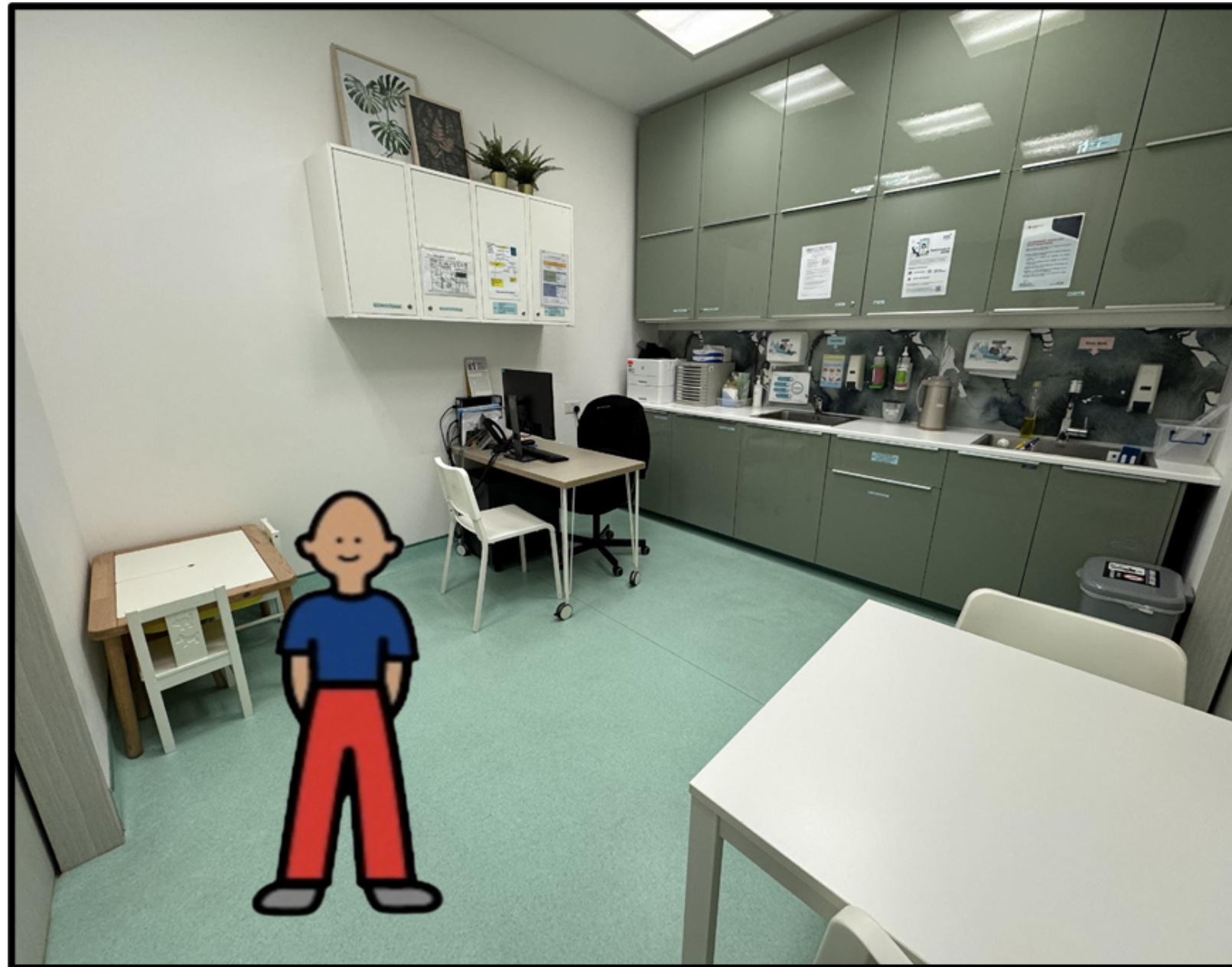
When I reach level 8, I will see some people sitting at this counter.



I can sit on the sofa or go to the playground to wait for my turn.

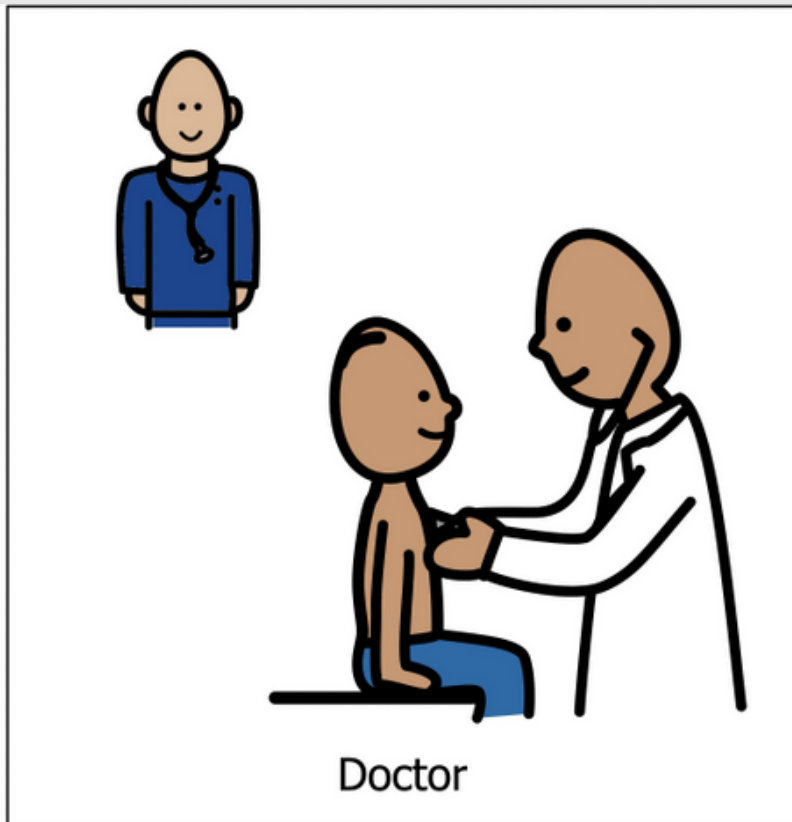


When it is my turn, I will enter the clinic room.



I will meet some of these people.

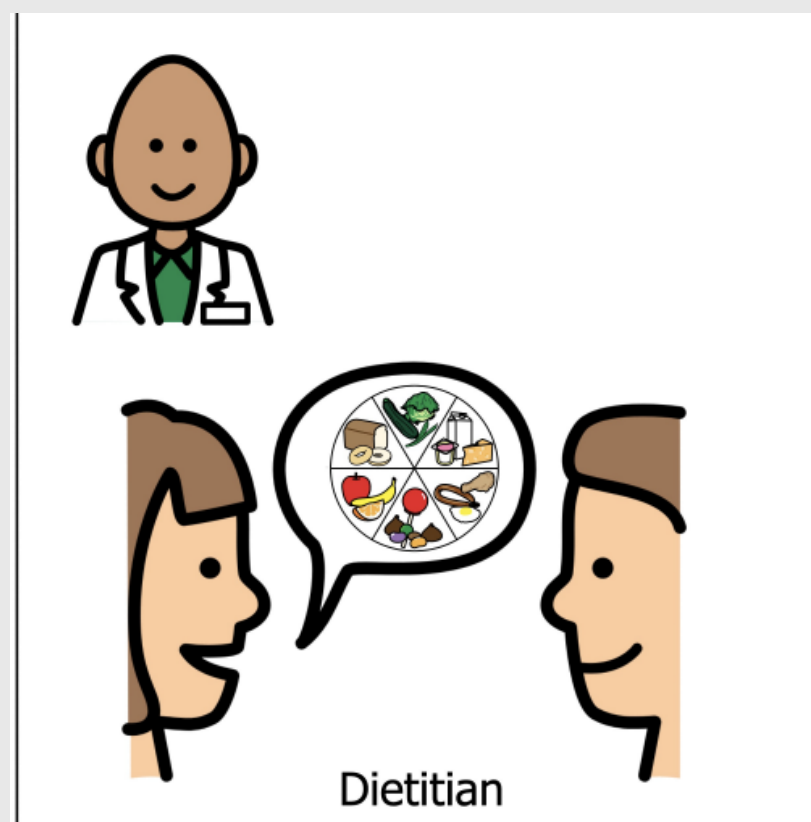
Doctor



Doctor

They will wear
work clothes or a
blue uniform

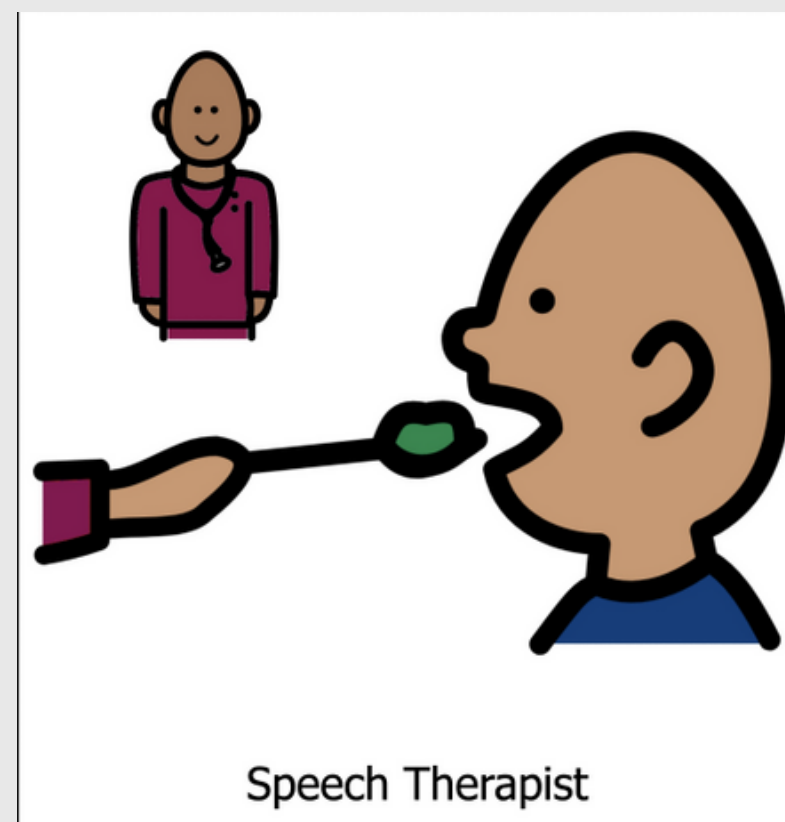
Dietitian



Dietitian

They will wear a white
coat

Speech Therapist



Speech Therapist

They will wear a
maroon uniform

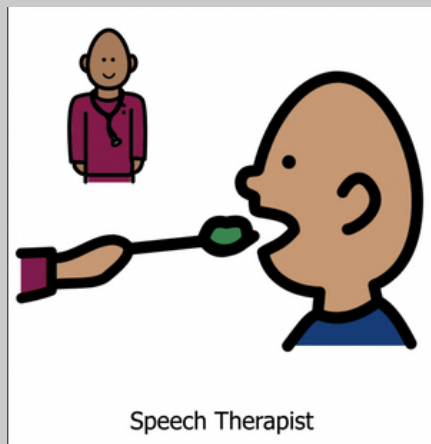
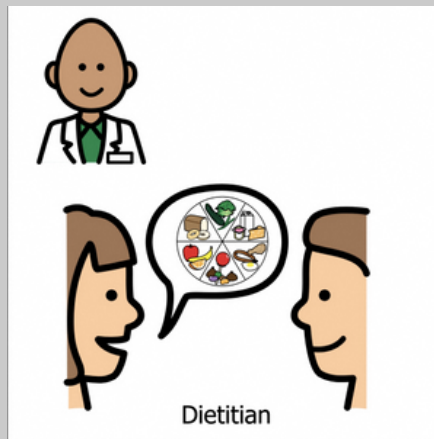
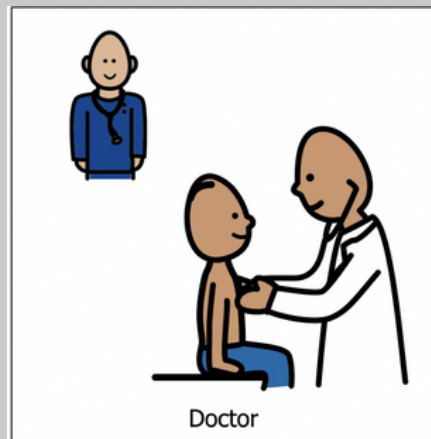
Psychologist



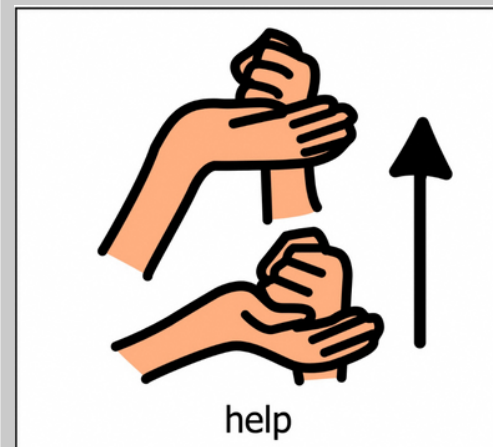
Psychologist

They will wear work
clothes

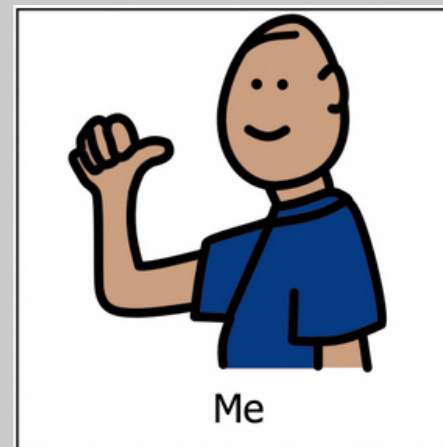
These people will help me and _____.



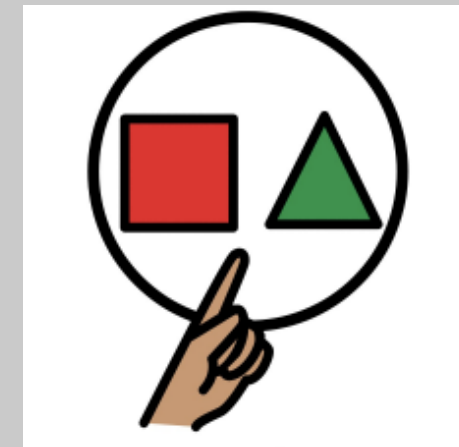
People in uniform



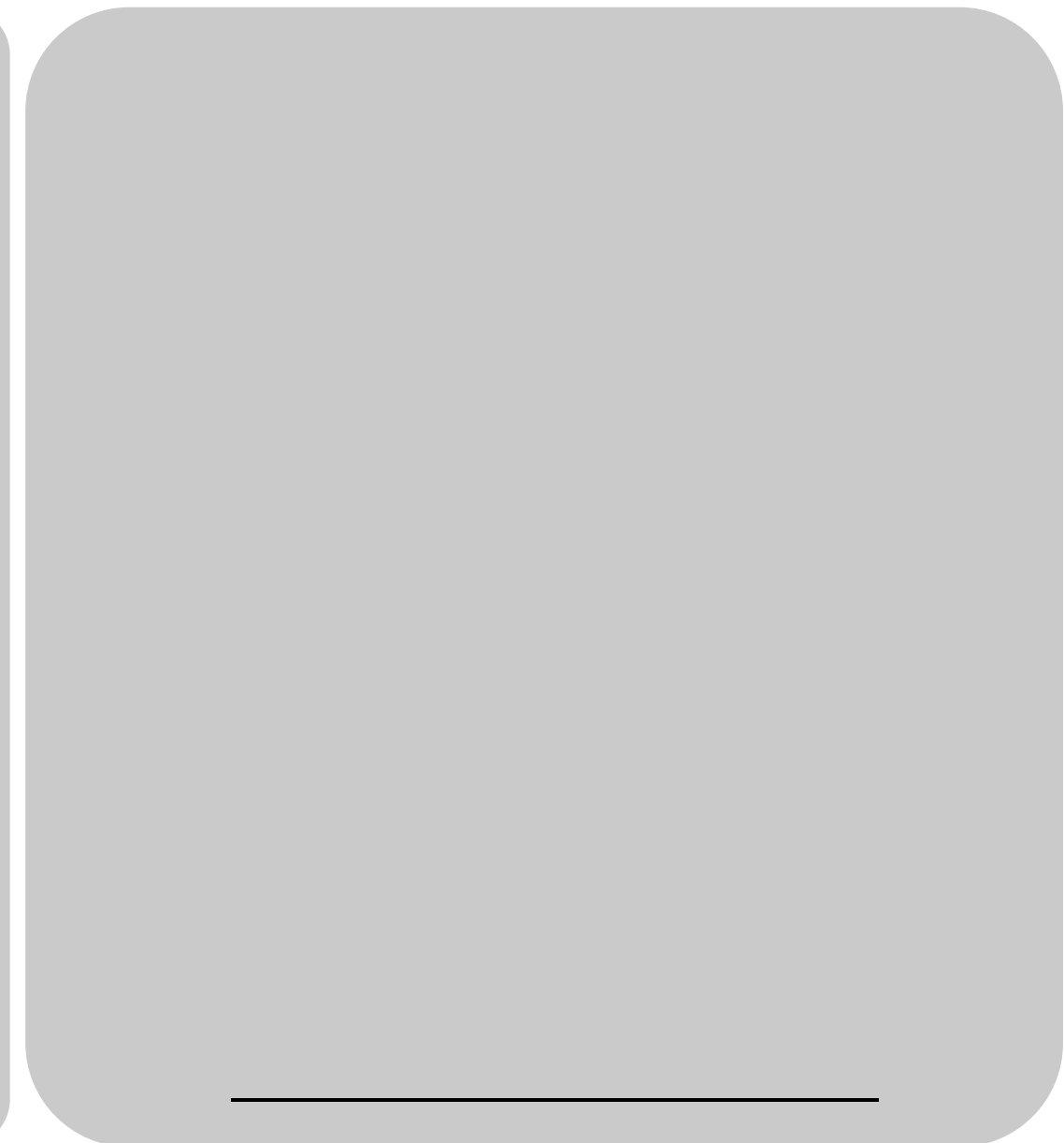
will help



me



and



Caregivers, you may stick the photos of the people visiting the clinic with your child here.

Caregivers, please indicate who will be coming to the session with your child in the blank above (for e.g., Mummy, Daddy, Grandma, Auntie, etc).

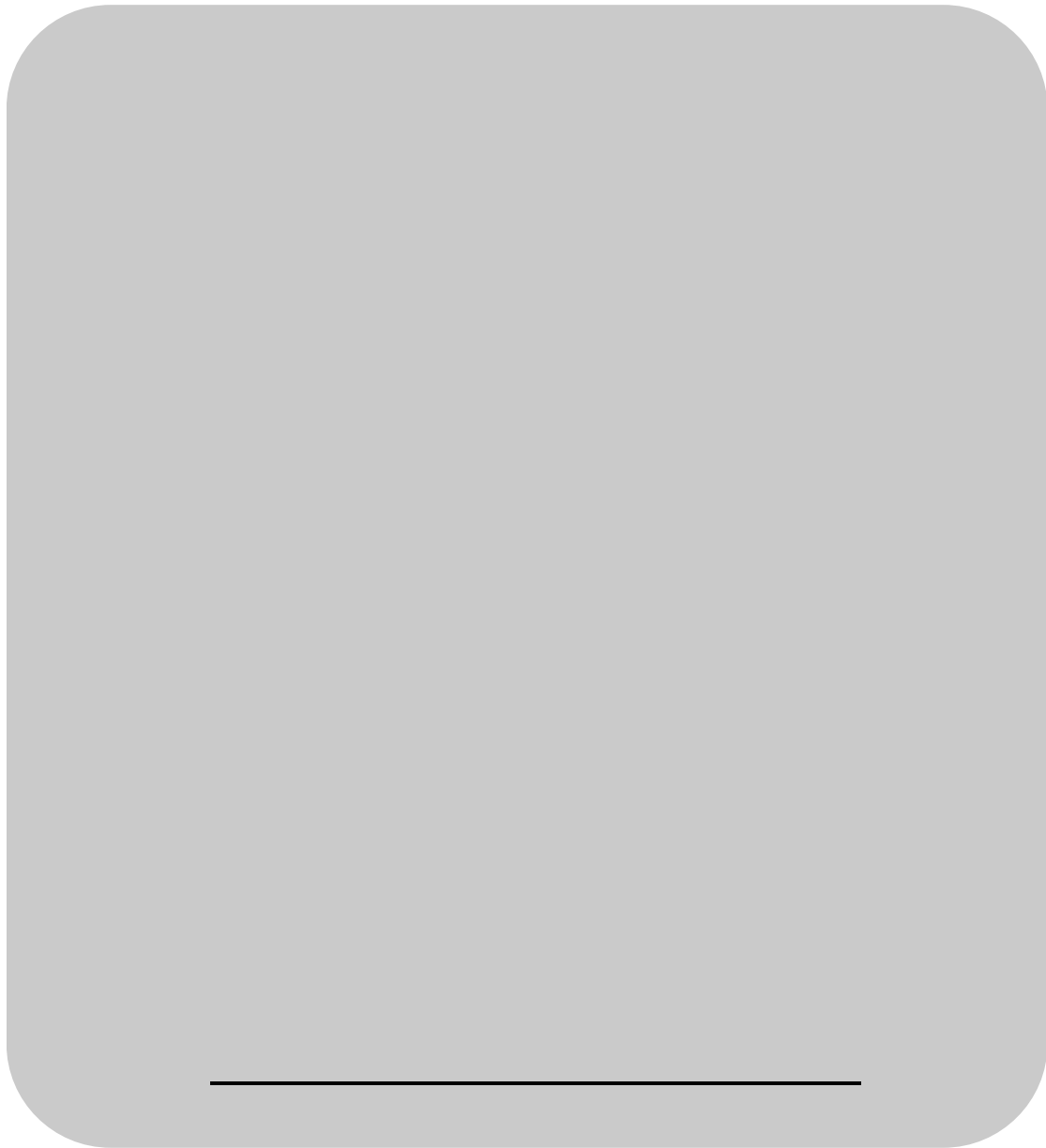
Caregivers, you may stick a photo of your child over this picture.

I can sit next to _____ or at the little
table and chair.

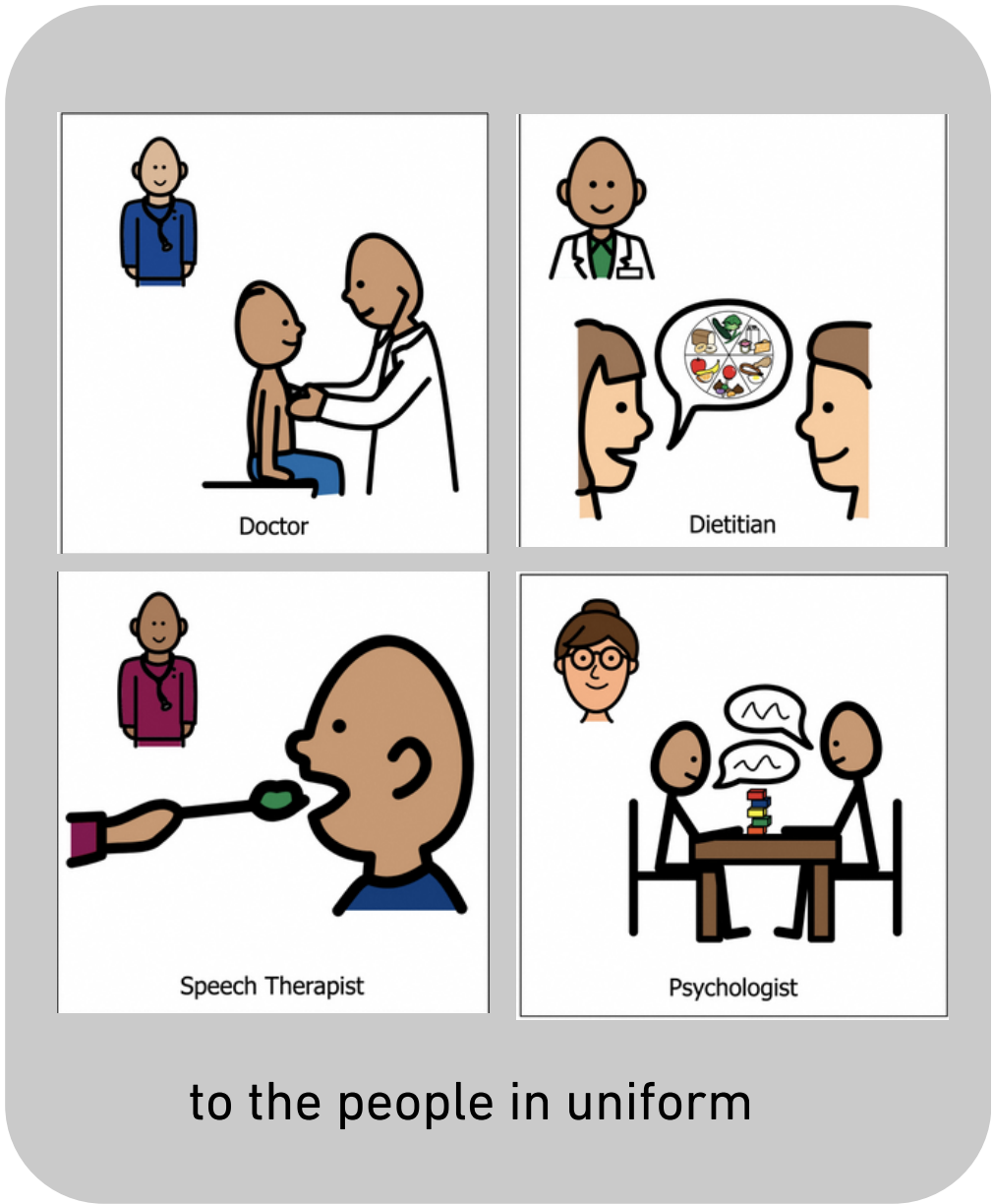
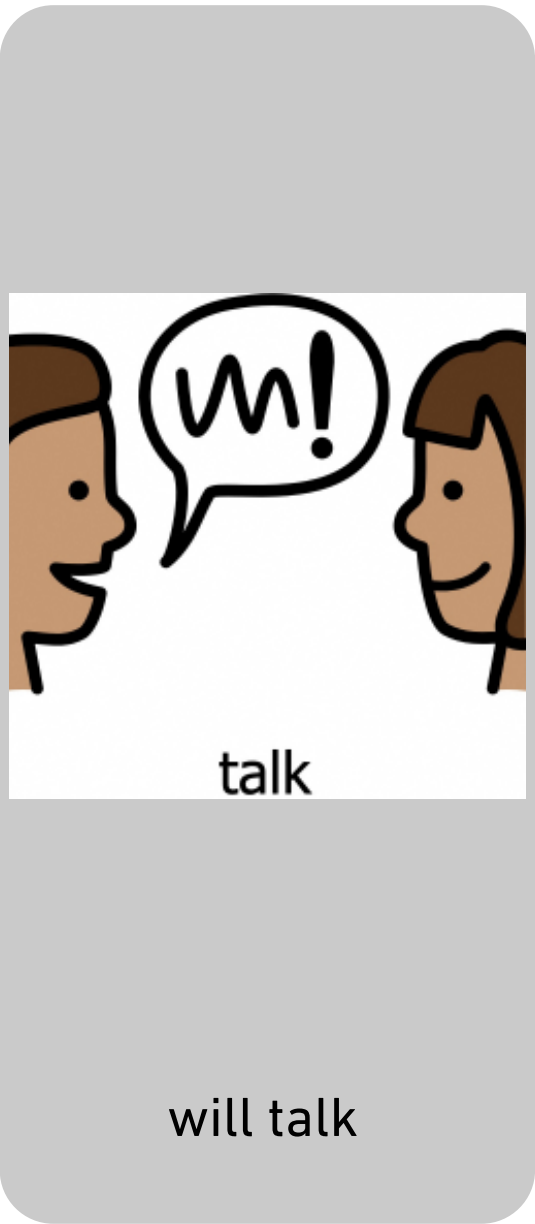


Caregivers, please indicate who will be coming to the session with your child in the blank above (for e.g., Mummy, Daddy, Grandma, Auntie, etc).

_____ will talk to the people in the
clinic room.



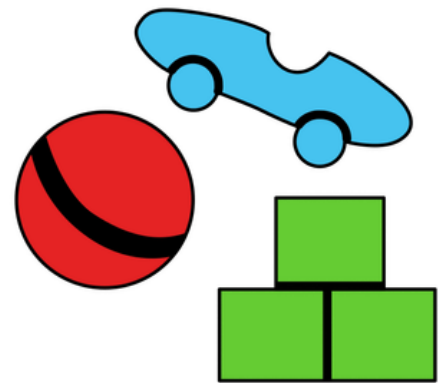
Caregivers, you may stick the photos of the people visiting the clinic with your child here.



Caregivers, please indicate who will be coming to the session with your child in the blank above (for e.g., Mummy, Daddy, Grandma, Auntie, etc).

In the clinic, I will do some of these things.

Play toys



toys

Wash
hands



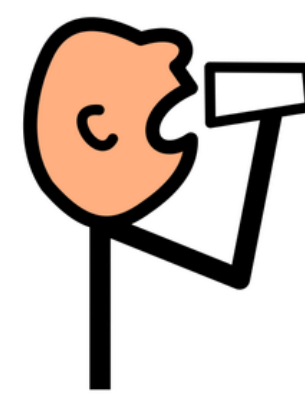
wash hands

Eat food



eat

Drink
water



drink

Wash
hands



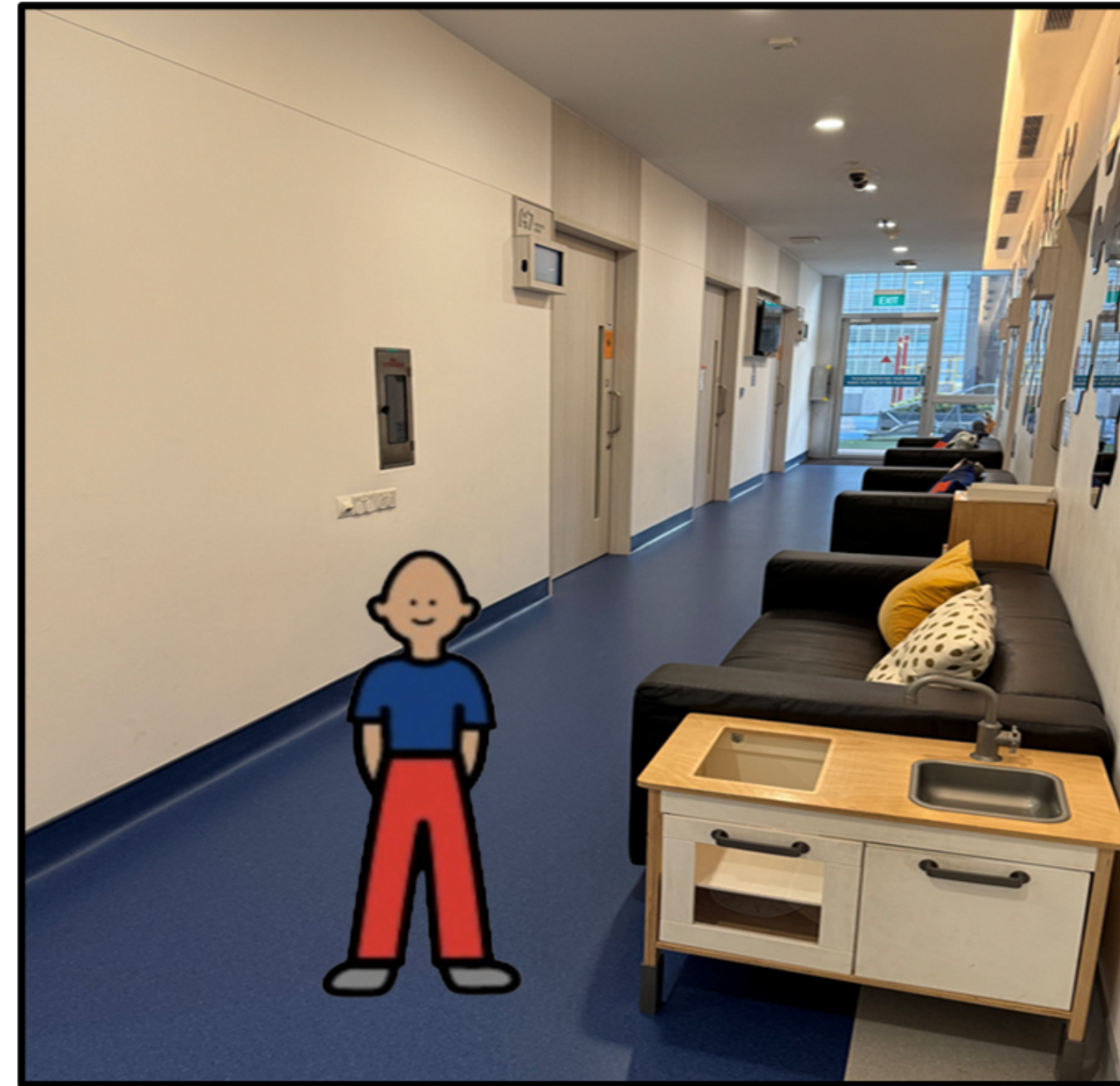
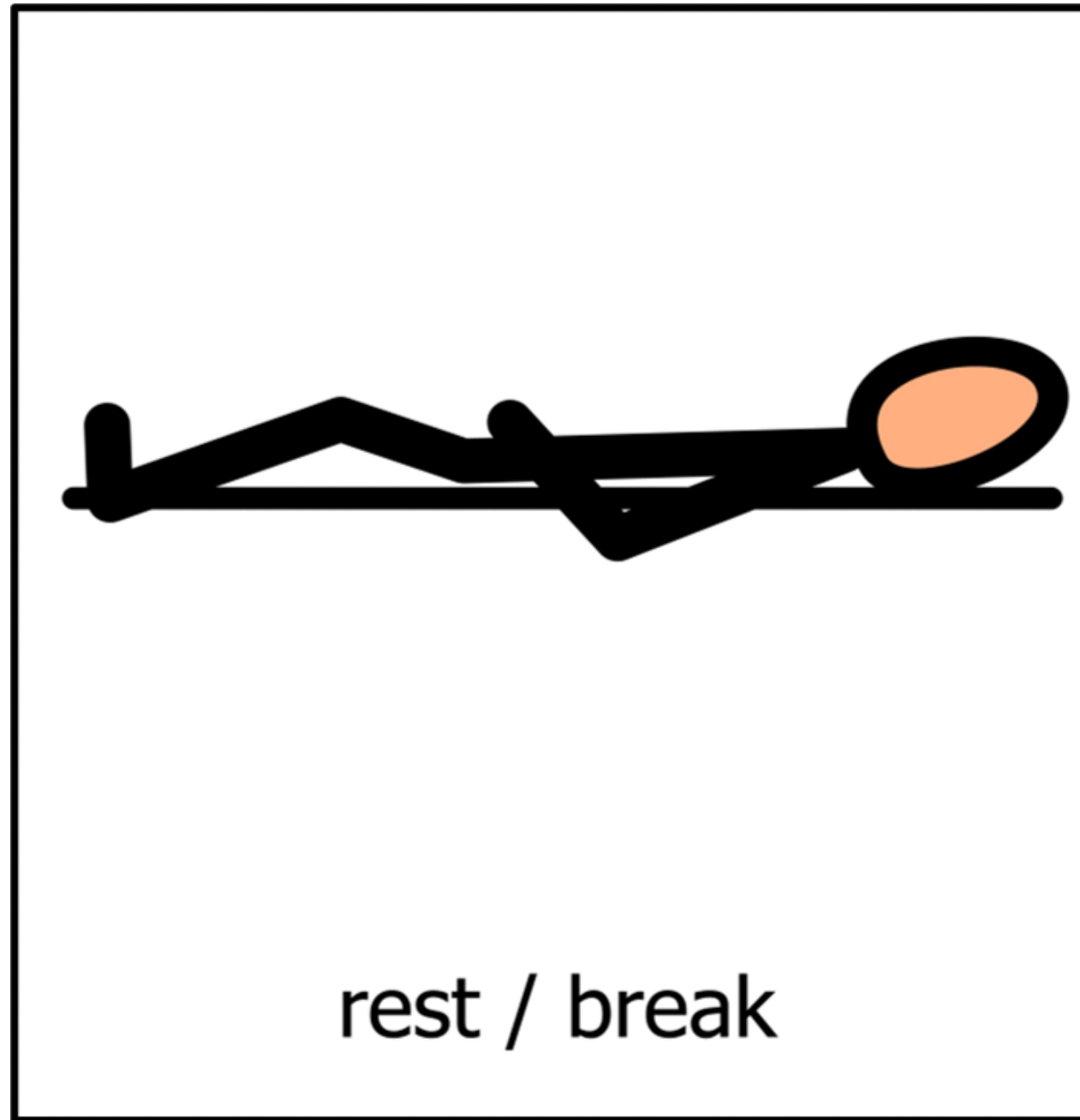
wash hands

Break time



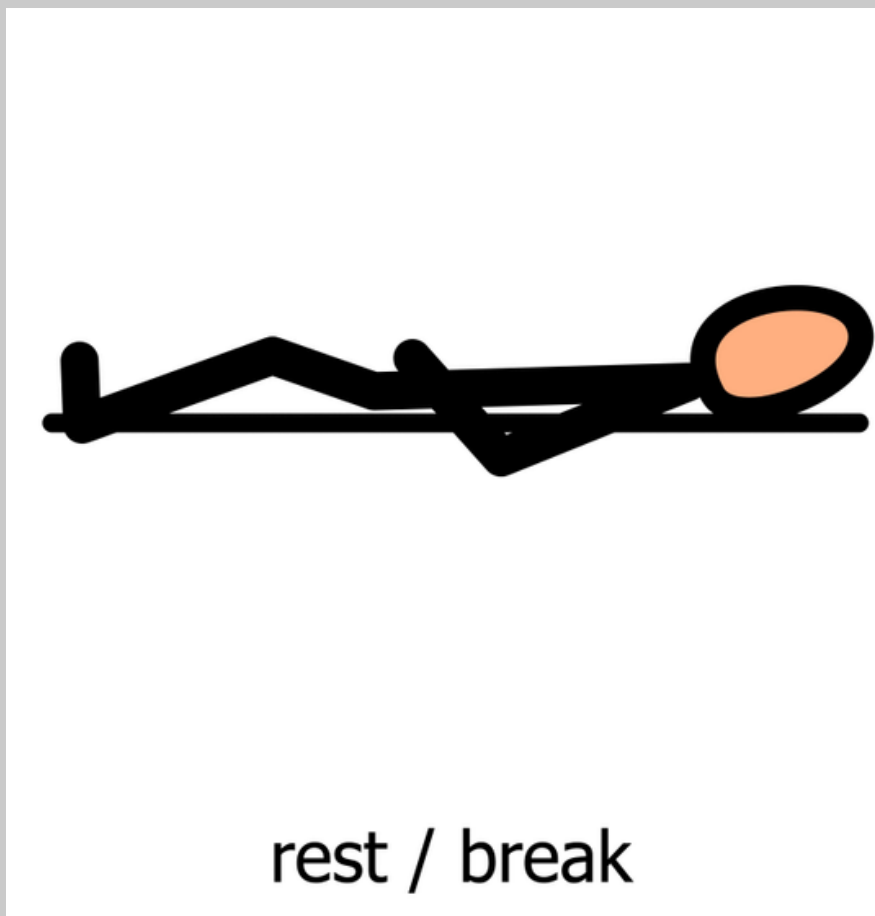
rest / break

When it is break time, I will go outside.



I can go back into the room after the short break.

first



then



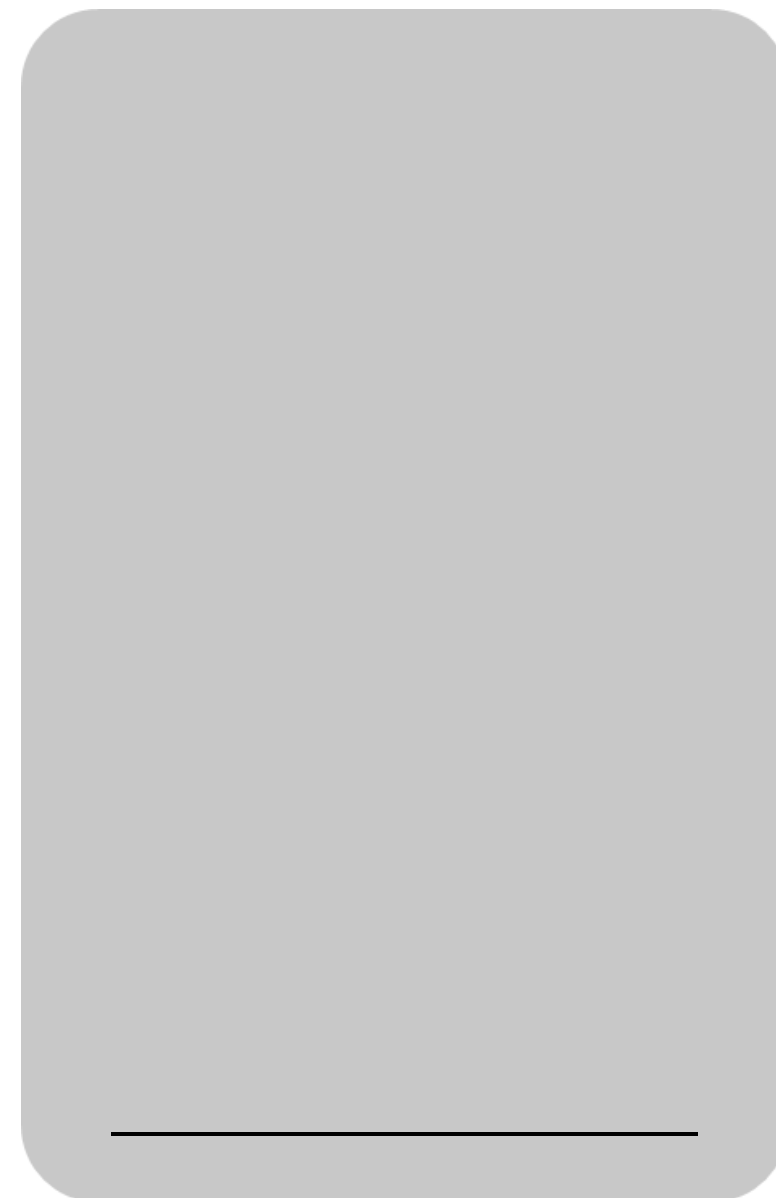
the clinic room

I can sit next to _____ or at the little
table and chair.

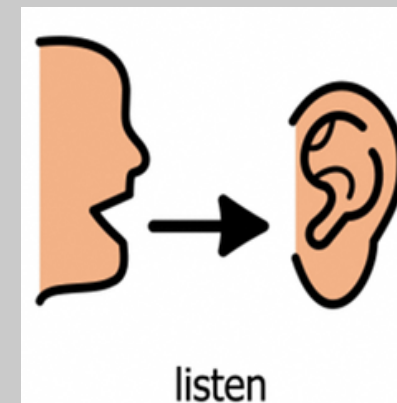


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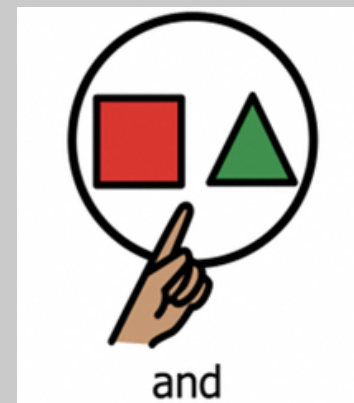
_____ will listen and talk to the people in uniform.



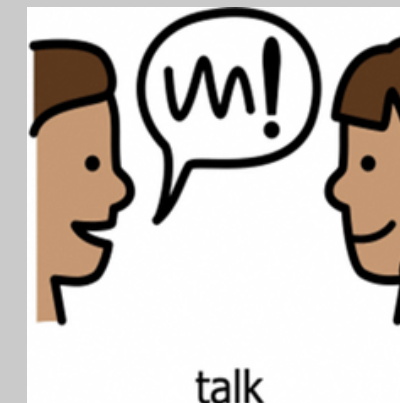
Caregivers, you may stick the photos of the people visiting the clinic with your child here.



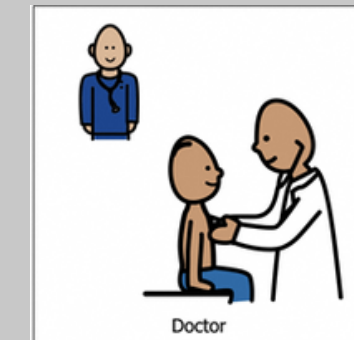
will listen



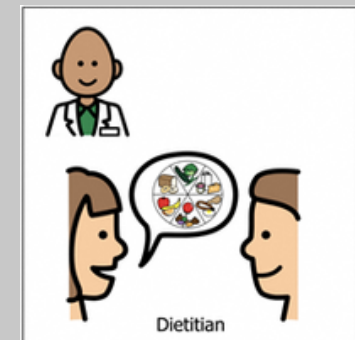
and



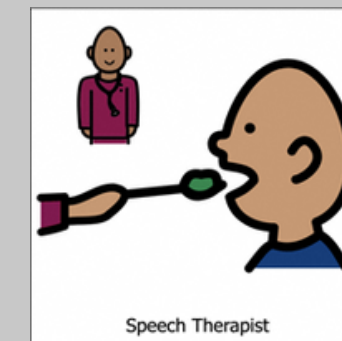
talk



Doctor



Dietitian



Speech Therapist



Psychologist

to the people in uniform

Caregivers, please indicate who will be coming to the session with your child in the blank above (for e.g., Mummy, Daddy, Grandma, Auntie, etc).

I can say bye bye when it is time to go.



NUH Paediatric Feeding and Nutrition Clinic

Dear Parents/Caregivers,

Thank you for your support in preparing your child for their first visit to the NUH Paediatric Feeding and Nutrition Clinic.

To learn more about our clinic, please visit:



<https://for.sg/nuh-feeding-clinic>