

YOUR VISIT TO THE FOSTER CARE CLINIC



Here are some tips to help you and your child get ready for their visit to Children's Mercy. Knowing what to expect can make the experience easier and more comfortable for both of you.

Explain the visit to your child

YOU CAN SAY SOMETHING LIKE:

We are going to visit the doctor tomorrow to make sure your body is healthy and growing strong. The doctor will check your whole body to see if there's anything you need.

What to bring:

- Your driver's license or photo ID
- Placement or court papers
- Your child's vaccine records (if you have them)
- Your child's medications or a list of their medications
- Something that comforts your child (like a toy or blanket)
- A list of your questions or concerns
- A snack

Built for kids.™

Explain their check-up

- After we check in, we will go to a room where they will measure how tall you are and how much you weigh.
- A nurse will also check your blood pressure, temperature, and how your eyes and ears are working.
- You might need to take off your clothes and wear a special robe that ties in the back.
- A doctor will listen to your heart and lungs.
- They will check your eyes, ears, and mouth.
- They will also look at all of your skin and muscles. Your body will stay covered except for the part they need to see.

PREPARE THEM FOR POKES IF THAT IS PART OF THEIR VISIT.

Let them know ahead of time if they might get a vaccine or have blood drawn. You can use these helpful guides from Children's Mercy:

Explaining a Vaccination to Your Child



Scan QR code to learn more, or visit [childrensmercy.org/explaining-vaccination](https://www.childrensmercy.org/explaining-vaccination)

Explaining a Blood Draw to Your Child



Scan QR code to learn more, or visit [childrensmercy.org/explain-blood-draw](https://www.childrensmercy.org/explain-blood-draw)



Help your child feel comfortable

Let them know you can be with them the whole time.

ENCOURAGE THEM TO:

- Talk about their feelings
- Ask questions – even privately with the doctor if they want

Give them choices to help them feel in control

LET THEM CHOOSE WHAT:

- To wear to the visit
- Comfort item to bring
- Snack they want when they are done

Thank you for all you are doing for your child!

If you have any questions or need additional support or information, please contact:

Foundations Foster Care Clinic

Children's Mercy Kansas City

(816) 302-8193

Email: fostercarecoordination@cmh.edu