Learning at the doctor’s surgery

Everyday learning with your child • Ages 3–5

Talk, notice and feel supported together. Small moments can offer gentle learning.



Prepare and reassure

Explain simply why you are visiting and what you know will happen. Bring a familiar book or comfort toy. Your child’s comfort comes first.

Use your home language. If your child feels unwell or worried, skip the activities. Listening, cuddling and resting are enough.

Talk about people who help

Name the people you meet, such as the receptionist, nurse or doctor. Explain their jobs simply. Introduce words such as appointment and waiting room.

“The receptionist helps us check in. Who might we see next?”

Notice signs and symbols

Look together for a toilet sign, an exit sign or a room number. Talk about how pictures, letters and numbers help people find their way.

“What do you think this picture tells us?”

Count and compare quietly

If your child feels well enough, count a few empty chairs or shapes on a poster. Compare big and small. Share a short book while you wait.

“Can you spot three circles? Which one is the biggest?”

Name feelings and ask questions

Invite your child to say or show how they feel. Listen without dismissing worries. Help them ask what an unfamiliar object is used for.

“You seem unsure. Shall we ask what that is for?”

Find words for the body

Use clear words for body parts. Help your child describe or point to how they feel, in their own way. Give them time to speak during the visit.

“Can you tell or show the doctor what you want them to know?”

Remember and play at home

When your child feels ready, retell the visit using first, next and last. Pretend to care for a teddy, explaining each step and asking before touching.

“Teddy feels worried. What could we say to help?”

Make it right for your child

Start simple: name a helper, point to a sign or share a familiar book.
Add a challenge: ask a question, explain a helper’s job or retell the visit in order.

Keep it gentle and optional. Feeling safe and heard matters most.

Follow staff guidance and respect other people’s privacy. Ask before touching equipment. Keep medicines and medical tools out of play. Tell staff if your child needs help with communication or sensory comfort.

St. Philip’s CE Primary Academy
Working Together