

A SOCIAL STORY

My Visit to the Eye Hospital



Royal Victoria Eye and Ear Hospital

Ospidéal Ríoga Súil agus Cluas Victoria

This story belongs to: _____

Date of visit: _____

A note for grown-ups

Read this story together a few times before the visit. Pause on each page, look at the picture, and let your child ask questions. Use the same words the story uses on the day. The story is written in the child's voice and follows Carol Gray's Social Stories™ guidelines.

My eye feels sore



My eye feels sore today.

I am going to the eye hospital
so people can help me feel better.

I might feel worried,
and that is okay.

I arrive at the hospital



I arrive at the eye hospital.
I see the red brick building
and colourful signs above the doors.
I stay close to my grown-up.

We check in



We stop at reception.

My grown-up gives the paperwork.

The staff help us get ready.

I wait with my toy



I sit in the waiting room.

I can hold my toy while I wait.

I stay with my grown-up until it is my turn.

A nurse calls me



A friendly nurse comes to meet me.

She talks to me kindly.

I can stay close to my grown-up.

The doctor checks my eye



I sit in a special chair.

The doctor uses a special camera called a slit lamp.

The light is bright, and it is safe.

I feel proud



My visit is finished.

I walk out through the doors.

I feel proud of myself.

Talking about the visit together

A page for grown-ups

● **Ask, then listen**

Open questions help children share at their own pace:

- "What was your favourite part of today?"
- "Was anything tricky or surprising?"
- "Is there anything you'd like to ask me?"

● **Notice the brave moments**

Praise something specific you saw — "You sat very still for the doctor" or "You held my hand the whole time." Naming the moment helps it stick.

● **Big feelings are okay**

Some children feel tired, quiet, or wobbly afterwards.

Drawing, play, or a favourite story can help them process the day.

● **Coming back another time?**

If another visit is on the way, read this story together a few times before.

Using the same words on the day helps the visit feel familiar.