

A SOCIAL STORY

My Visit to the Eye and Ear 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 your child's outpatient visit. Pause on each page, look at the picture, and let them ask questions. Use the same words on the day. The story is written in the child's voice and follows Carol Gray's Social Stories™ guidelines.

I arrive at the hospital



I arrive at the eye hospital.

It is a big red brick building.

I stay close to my grown-up.

We check in



We go to the reception desk.

A friendly person asks for my name.

I wait with my grown-up.

I play the vision game



An orthoptist plays a vision game with me.

She asks me to read some letters or pictures.

It does not hurt at all.

I get special eye drops



A nurse puts special drops in my eyes.

The drops might sting for one second.

My eyes may feel blurry and bright. That is okay.

I wait for the doctor



I sit with my grown-up and wait.

I can hold a toy or a book.

It is okay to take my time.

The doctor checks my eye



The doctor uses a big microscope called a slit lamp.

I rest my chin and stay very still.

The light is bright, and it is safe.

I am all done



I was so brave today!

I can wear sunglasses if my eyes feel bright.

Now I can go and do something fun.

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.