

Helping Your Kid With a Fear of the Doctor

Description



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Seeing doctors and other health professionals is something that we all have to do from time to time. Few of us enjoy our medical appointments, but most of us can handle them well enough. However, there

are some people, children in particular, who have a real fear of seeing the doctor. If your child is one of them, here are a few things that might help you to help them:

Model good behavior

If your child has a fear of the [doctors](#), one of the best things you can do is accompany them and act as casually as possible try to have fun even. If they see that not only are you not afraid, but you're also having a good time, it may just be enough to put their mind at ease.

Practice

If your child is due her shots or needs to attend a [hearing aid fitting](#), for example, one thing you can do to get them comfortable with the idea is to practice at home. Role-playing exactly what will happen from the moment you go through the door until the appointment is over will not only be fun for them but it will help to take the fear away. Fear of the unknown is a huge cause of medical phobias, so by letting your kids know just what will happen, you can really help them.

Focus on the positives

When talking about medical appointments with your kids, always try to push the positives. Talk about how great the doctor is and how she can help you all to be healthy and keep those nasty germs at bay, for example. Avoid talking about any of the negative aspects and big up the doctor so that your child starts to see them as more of a superhero than a villain who gives them shots and causes them pain.



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Donâ€™t give you much warning

Although practicing before seeing the doctor is a great way to allay their fears, try not to mention the medical appointment too soon in advance as it will give your child the chance to brood over the appointment, building it up in their head until itâ€™s the scariest thing ever. Try to keep letting them know until the day before at most.

Keep close

As a [parent](#), when your child is being examined, keep as close as you possibly can to your child. Be their anchor and let them know that you are right there and there is nothing to fear. This may be easier in some cases than others, but if you canâ€™t hold on to your child, at least stand as close as you possibly can to them.

Get them therapy

Some children develop a real phobia around healthcare professionals, which it can be really difficult, if not impossible, for you as parents to unpick. If that is the case, then speaking with a pediatric therapist is often the best course of action. They have seen it all before and developed effective techniques for getting rid of the fear once and for all.

Good luck!

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