My Visit to

NEOS
MASSAGE
Come To Neos & Be Renewed
I will visit Ms. Molly at Neos Massage

Ms. Molly’s office looks like this outside.
It is not a doctor’s office. I will not be going to a doctor today.

When we see two doors, we will go in the door on the left that says 101.
Maybe we will wait for a few minutes.

I can sit quietly in a chair.

I can read a book or color, or enjoy a game or activity that I brought with me.

I can ______________________

I can get some water.
I can go to the rest room before it is my turn to go to the therapy room.

When it is my turn, we will walk all the way down this hallway.
When we go in the therapy room, we will meet Ms. Molly! She is the nice lady who will be helping me.
I will begin by sitting on the long table.

Maybe my parent or adult with me will sit in the white chair.

There will be very soft music playing.
I can bring my book, or coloring, or toy, or game or other activity with me. Ms. Molly has a basket of books I can read if I want to.

Maybe I can have snacks.

On our first visit, I will just do what I want, and my parent or adult with me will talk to me or play with me, or do an activity together with me.

Ms. Molly will watch while we talk, or play, or do our activity.
Ms. Molly's job is to help me think and concentrate better. She also helps my body to relax and work better too. She does that while I sit or lie on the table and she has a gentle hand on my head and back. It doesn't hurt at all, in fact, it's very comforting. The person who brings me, can read a book to me while I lie down on the comfy table and Ms. Molly gently works on my head. Ms. Molly is a really nice lady!
If my brother or sister is with me, maybe they will wait out in the lobby. It will be OK! I will see my brother or sister very soon!

Maybe my parent or other adult will wait in the lobby too, while I stay with Ms. Molly. It will be OK! I will see my parent or adult very soon!

Sometimes, Ms. Molly might have a video camera to make a movie of my visit, so we can see how much better I am doing after my visits to Neos Massage.
Maybe our visit will be 30 minutes. Maybe our visit will be 60 minutes.

When the digital clock says ____:____ it will be time to put away my toys, or books or activities.

When the clock on the wall shows the short hand on the ____ and the long hand on the ______ it will be time to put away my toys, or books or activities.
We will say good bye to Ms. Molly.

Maybe we will see you next time!