

February

VISITING THE DOCTOR'S OFFICE

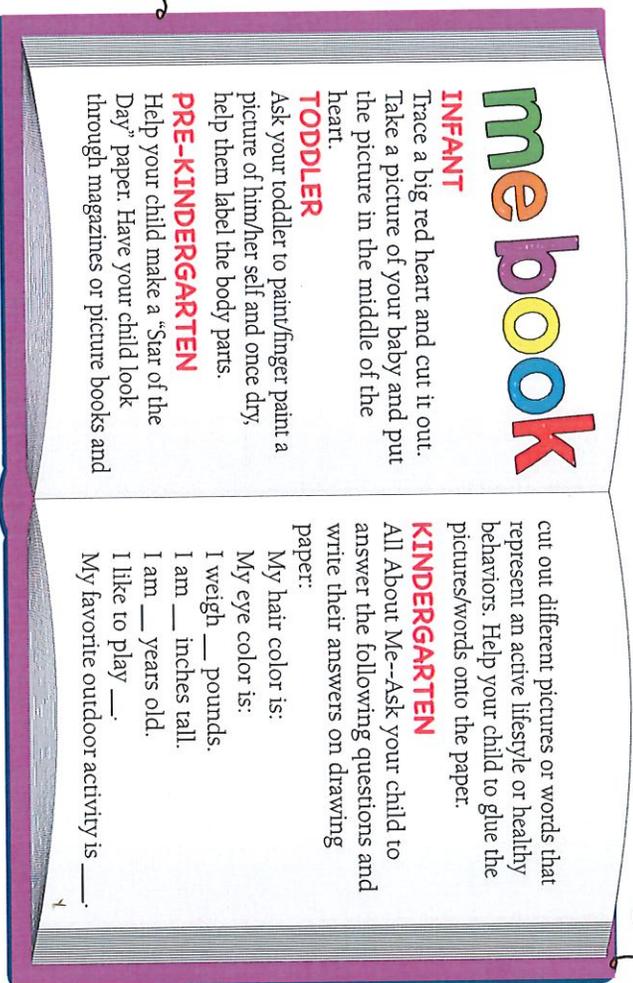
Visits to the doctor's office can be a great place to teach your child about the importance of good health and an active lifestyle.

Talk with your child about the importance of regular doctor's appointments, dental checks and vision checks. This is a good time to talk about getting enough sleep and taking care of his/her body.

Take this time to teach your child about eating healthy and drinking water. Provide your child with a balanced diet of fruits (like apples, oranges, and melons), vegetables (like peas, carrots, and broccoli), proteins (like beans and meats), dairy products (like cheese, milk and yogurt) and grains (like pasta, rice and breads).

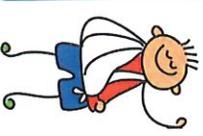
Want to learn more about your child's milestones?

Check out the Early Learning GPS at www.earlylearninggps.com.



The resource *Be Your Child's Champion* has suggestions you can use when talking with your child's healthcare professional.

Find it at www.papromiseforchildren.com.



Activity 1: TALKING ABOUT THE DOCTOR

Key Learning Area: Social Studies Thinking

INFANT: Make good eye contact with your baby and talk about being at the doctor's office. "There's another mommy, there is another baby. Mommy and baby are at the doctor's office."

TODDLER: Walk around the doctor's office with your toddler, explaining the different areas of the office and look at the rooms to prepare your child for his appointment. Explain that the doctor and nurse are here help care for them.

PRE-KINDERGARTEN: Ask your preschooler to bring her favorite stuffed animal or doll to the doctor's office and ask them to role play. Ask her to be the doctor and have the teddy bear or stuffed animal as the patient. Ask her to take care of the teddy bear or stuffed animal.

KINDERGARTEN: Explain the roles of doctors and nurses. Role-play with your kindergartner and have him imitate a doctor or nurse doing a well check up. Encourage him to check that your body is working properly. For example: Bend your elbow, blink your eyes, or take a deep breath.



Activity 3: LET'S GET MOVING!

Key Learning Area: Health, Wellness and Physical Development

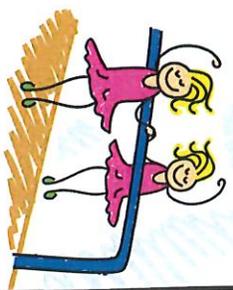
INFANT: While on his back, safely lift your baby's legs up in the air and then bring the feet to the mouth. Move the arms in circles, and then wiggle fingers and toes.

TODDLER: Encourage your toddler to walk to the desk area and then walk back.

Ask her where are different things around the doctor's office (phone, magazine, door, window, etc.)

PRE-KINDERGARTEN: Make up a song about what your body can do, and then have your child do each. "My eyes can blink, my fingers can wiggle, my mouth can smile, etc." Ask your preschooler what else her body can do.

KINDERGARTEN: Play a game by asking your kindergartner to point to a body part and have him tell what that body part does or is used for.



Activity 2: STAYING SAFE AND HEALTHY

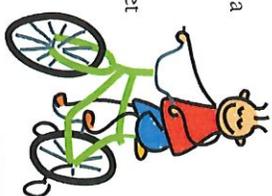
Key Learning Area: Scientific Thinking and Technology

INFANT: Sing while talking with your baby about putting on a coat, hat, mittens, blanket, etc. Explain that you are keeping her safe and warm.

TODDLER: Take your toddler to the bathroom while visiting the doctor's office and wash his hands. Explain the importance of washing hands and explain germs and how to prevent germs.

PRE-KINDERGARTEN: Ask your preschooler to tell you the name of a healthy food item and then you name one, too. Explain why it is important to eat healthy foods.

KINDERGARTEN: Talk with your child about wearing a bicycle helmet when riding a bike. Explain why a helmet should be worn. Have your kindergartner share other safety rules when riding a bicycle.



Activity 4: PARTS OF MY BODY

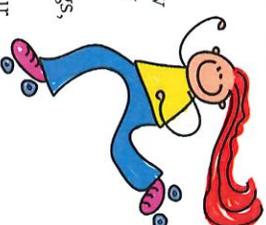
Key Learning Area: Health, Wellness and Physical Development

INFANT: While at a scheduled check-up, play tickle time and allow baby to freely move his body. Remember to talk with your infant by naming the body parts when you play tickle time.

TODDLER: Play Simon Says. Help your toddler touch her toes, legs, etc. Introduce new body parts, such as the shoulder or elbow.

PRE-KINDERGARTEN: While in the doctor's office, encourage your preschooler to play Head, Shoulders, Knees and Toes. If your child cannot touch each part, touch them for him.

KINDERGARTEN: When visiting the doctor's office, ask your kindergartner to identify this body parts and ask him to explain what each body part does. Talk about the function that goes with each body part. For example, the eyes are to see, the ears are to hear, etc.



Read a book at the doctor's office about being healthy. If your doctor's office does not have books, visit your local library. Talk with your child about what is good for their body and what not good for their body.



FEBRUARY SUGGESTED BOOKS

Do I Have to Go to the Hospital-

A First Look at Going to the Hospital by Pat Thomas

Never Take a Shark to the Dentist by Judi Barrett

A Day with a Doctor by J. Kottke

At the Hospital by Beylon C Mineola

Calling Doctor Amelia Bedelia by Peggy Parish

Daisy the Doctor by F. Brooks

Franklin Goes to the Hospital by Paulette Bourgeois

Going to the Doctor by A. Civardi

Hello, Doctor by DF Marx

Miss Dose the Doctors' Daughter by Alan Ahlberg

My Friend the Doctor by J. Cole

The Berenstain Bears Go to the Doctors

by Stan and Jan Berenstain

For more ideas visit www.papromiseforchildren.com