

# Community Helpers

Good People  
Everywhere

## HEAL



**Learn it** Children are very familiar with the pediatrician. Some have real fears and questions about going to the doctor's office. Take this time to reassure them that doctors are community helpers and are here to help us when we're sick or hurt.

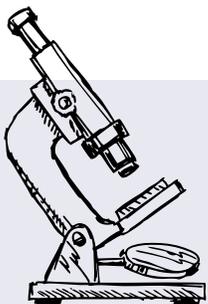
### Read it

Often when we tell our children we have a doctor's appointment, we are met with resistance. Try reading one of these selections first and perhaps it will ease some of the tension. *The Berenstain Bears Go to the Doctor* by Stan Berenstain and *My Friend the Doctor* by Joanna Cole both tell a reassuring and informative story about going to the doctor's office.



### Imagine it

Using the doctor's checklist and pretend or real doctors tools, let the kids become more familiar with doctors tools and what they are used for. Try finding or making these: stethoscope for heart rate, blood pressure cuff, low wattage flashlight for ears and temporal thermometer. Make sure to remind children that there should not be anything inserted into ears or noses and nothing should go in their mouths.



# May



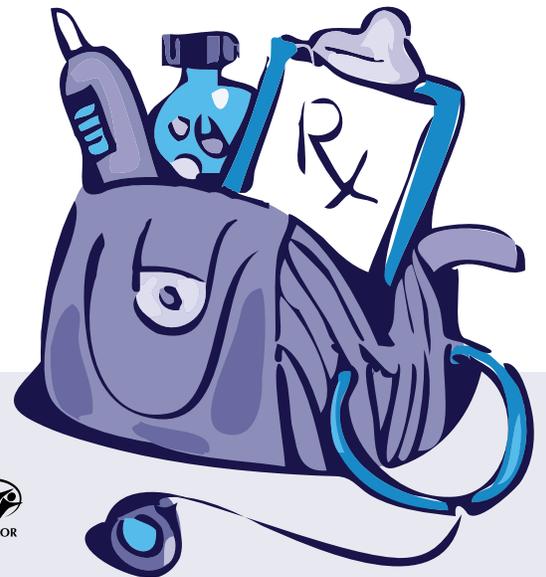
### Make it

In the 2019 National CACFP Sponsors Association Calendar, Community Helpers Good People Everywhere, the children decorate their own band-aids for a craft. Let's take those band aids and help fix some imaginary boo boo's. On construction paper draw the outline of human. Here the kids can color in facial features and clothing and apply band aids to any place that might need attention. For instance, maybe their person fell on the playground and has a hurt knee.



### Move it

Children will love improving their fine motor skills with a doctor water table activity. Add plastic syringes (no needles) and eye droppers to the water table along with different containers to fill. While using the tools they can also practice counting – how many syringes of water will the container hold?



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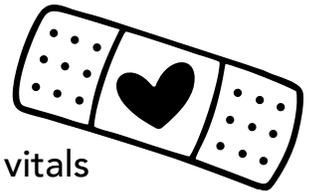
**Doctors** help you heal when you are sick or injured.

## WHAT'S IN A DOCTOR'S BAG?

Circle or color all the items that belong in a doctor's bag.



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**Nurses** help doctors help patients. They get the patient's vitals so the doctor can make the best diagnosis.

## PATIENT CHECKLIST

Patient's Name \_\_\_\_\_

Heart Rate \_\_\_\_\_

Temperature \_\_\_\_\_



Boy

Girl

Weight \_\_\_\_\_

Height \_\_\_\_\_

How is the patient feeling today?

