**Health and Wellness**

**Going to the Doctor (Dentist, Eyes, etc) Resource Guide**

\*adapted from the work of the Grant County Public Library

Goals

 Identify and practice personal health habits which affect self and others in the prevention and spread of disease.

 Describes the reasons for regular visits to health care providers

 Identifies procedures and practices for obtaining emergency assistance and information. 1

These goals were taken from Building a Strong Foundation for School Success: Kentucky’s Early Childhood Standards ⎯

https://kidsnow.ky.gov/families/readiness/Documents/early-childhood-standards.pdf

Read

**Suggested Activities**

 Read a story and have the children act it out or parts of it out. For example, they can act out going to the doctor, dentist or eye doctor.

 Read a story about brushing teeth. After soaking a hard-boiled egg overnight in Coke, have the children brush the egg with toothpaste to show them the importance of brushing teeth.

 Read a story about going to the eye doctor, Have some frames from an assortment of glasses available with a mirror. Let the children look in the mirror to see how the frames look.

**School Readiness Asides to Parents and Caregivers**

 The hard-boiled egg lets the children see that stains stick to their teeth. By using the toothbrush, and toothpaste, they can see how they can get rid of the stains.

 By trying on the frames children can see how they look. While they are looking in the mirror, they can also practice their emotions faces and you can guess how that pair of glasses makes them feel.

Write

**Suggested Activities**

 Let the children play doctor and have a “chart” available for the children to write notes in.

 Let children draw and write about their latest visit to the doctor, dentist or eye doctor.

 Let children create their own eye chart whether using letters or pictures.

**School Readiness Asides to Parents and Caregivers**

 Many times children can act out their fears before they can verbalize them. By giving children a chance to act out these fears, you can help them understand what will take place at the doctor’s office.

 Have fun with your child and the eye chart. If they are not able to read letters, use pictures or shapes.

Sing

**The Doctor’s Song**  
(tune of Row, Row, Row Your Boat)  
I use a stethoscope  
To listen to your heart.  
To help you be a healthy child  
And heal you when you’re aren’t.

**The Doctor In The Clinic**  
(sing to the tune of Farmer in the dell)  
The doctor in the clinic.  
The doctor in the clinic.  
Hi-ho the derry-o,  
The doctor in the clinic.

The doctor takes a nurse…  
The nurse takes a patient…  
The patient gets help…  
The patient gets better…

Talk

**Suggested Activities**

 Help children expand their vocabulary while learning about the instruments that their doctor, dentist and eye doctor uses. If you can, borrow a stethoscope, otoscope, etc. from your local health care provider. If you can’t borrow these, use toy ones or as a last resort pictures to talk about what they are and how they are used.

 During dramatic play, allow children to use a toy doctor or dentist’s kit. Encourage them to name the tools as they use them.

 Encourage children to talk about their last visit to the doctor, dentist or eye doctor.

**School Readiness Asides to Parents and Caregivers**

 By talking about the actual instruments that doctors use, you are empowering children and lessening their fear of going to the doctor.

 Some children may fear the doctor because of painful experiences, however doctors also help children feel better so see if children can share these kinds of experiences too.