

GOING TO THE DOCTOR

Looking for a way to make your child's next trip to the doctor a little less painful? Open up this book and let the Jay family give you some tips!

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Ages: 3 years and up

Themes: New experiences; learning about different jobs people have

If your child gets a little anxious about visiting the doctor, try talking about what may be at the doctor's office before you get there. Ask your child if they remember how the doctor listened to their heart with a stethoscope. Does your child know what a heartbeat is? You may need to explain that the heart pumps blood through the body and the heartbeat is the sound of the pumping. If your child puts their hand over their heart, they might be able to feel their heart beating. You can show them how to feel a pulse on their wrist or neck, too.

Encourage your child to pretend about doctors and hospitals by setting out dress-up materials – an old white shirt will work as a doctor's jacket. A big white dishtowel works great for a sling. If you have an old ball point pen with a retractable point, you can remove the ink cartridge and let your child use the "clicker" end to pretend to give an immunization to their dolls or stuffed animals.

Remind your child that the doctor is not the "enemy". Their job is to help them to feel better and stay healthy!