

Let's Talk About Jessica's X-Ray

In Jessica's X-Ray we see that people look different on the inside from the outside. Bones give us shape and protect organs like the heart and lungs.

This is a valuable book to share with a child who has broken bone, has a mother expecting a new baby, or who knows someone needing a CAT-scan or MRI.



A hospital visit is often associated with pain. Help prepare a child for unexpected medical care, by providing opportunities to imagine herself as a doctor, nurse, x-ray technician or patient.

Even without a purchased doctor's kit your child can pretend using:

- Band aids or gauze
- Washcloth, soap and hand cream
- Material or a towel for head bandage or sling
- Long sticks for crutches or a cane
- Blanket and pillow
- Popsicle stick for a tongue depressor
- Flashlight to look into mouth and ears

Let's Play With Rhymes

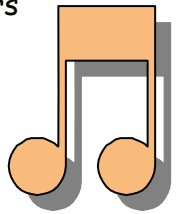
Doctor Foster

Bounce your child on your knees, letting her "fall" or lean back into the puddle. Or march to the rhythm of the rhyme. Jump when Doctor Foster steps into the puddle.

Doctor Foster went to Gloucester
In a shower of rain.
He stepped in a puddle right up
to his middle
And never went there again.



Jack and Jill



Jack and Jill went up the hill
To fetch a pail of water
Jack fell down and broke his crown,
And Jill came tumbling after.

Up Jack got and home did trot,
As fast as he could caper.
He jumped into bed and wrapped his head
In vinegar and brown paper.

Note to Parents & Caregivers

Children ask a million questions. Why? How? What? When? Where? Books can help explain. Even young children can begin to find things out for themselves. Factual picture books help young children realize that they can seek and find the answers they need.

Answer
questions
using
books.

Let's Create

Play Clay (dries overnight)

Mix: 1 cup cornstarch
2 cups baking soda
1 1/4 cups cold water

Stir in a saucepan over medium heat for about 4 minutes. Mixture will thicken to a moist mashed potato consistency.

Remove from heat. Turn onto a plate and cover with a damp cloth until cool.

Knead.

Shape as desired or store in a plastic bag.

Clay creations can be painted once the objects have thoroughly dried.



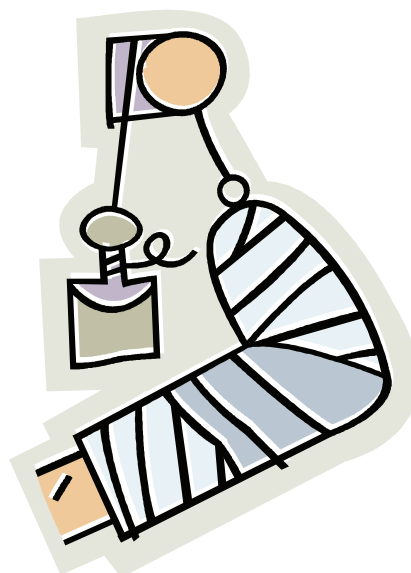
Make keepsake hand or footprints of your child. Or your child may want to create animals or ornaments.

Let's Be Together

Pretend an old shoebox is an x-ray camera. Your child can be the x-ray technician who takes pictures of broken bones.

Talk to your child about different parts of the body and how the bones might break. (falling or an accident?)

Talk with your child about how he might feel if he had a broken bone.



Role play can help a child feel more comfortable in unfamiliar places.

Talk to your child about what other reasons he might have to go to the hospital. Name all of the hospital staff that he might see there.



Early Literacy Specialist
Hastings-Frontenac-L&A
(613) 354-6318

Early Literacy Specialist
Kingston & The Islands
(613) 546-9355

Pathways for Children & Youth
Frontenac-Lennox & Addington
(613) 546-8535