

Upgrading for Parents with Preschoolers

Children's Program Plan

Sickness and Health

Word of the Day: "Thermometer"

Art or Special Activity

- Pretend Play: Set up a Doctor's office. Use props such as thermometers, doctor's bag, tongue depressors, band aids, and scarves for arm slings.

Books

- *Miss Molly Had a Dolly*, by Liz Pichon
- *Welcome Books: A Day with the Doctor*
- *Arthur's Chicken Pox*, by Marc Brown
- *Maisy Goes to the Hospital*, by Lucy Cousins
- *Franklin Goes to the Hospital*, by Paulette Bourgeois

Pre-Literacy Skills

- Print Awareness: Write doctor's notes or prescriptions. Have children pretend to do the same.
- New Vocabulary: Introduce words such as measles, whooping cough, tonsils, throat, digestive system, etc.

Poems

- "Sneezles," by A.A. Milne
- "Mary Had a Little Cold"
- "My Parents Are Pretending," by Ted Sheu

Gross Motor Skills

- See Pretend Play in Special Activity section.

Songs

- "Miss Molly Had a Dolly"
- "Head and Shoulders"
- "The Hiccups"
- "Mary Had a Little Lamb"

Numeracy Skills

- Money Awareness: Print out bills for services related to health and for prescription drugs.
- Charting: Take everyone's temperature and put it on a chart. Whose is the highest? Lowest?
- Measuring: Discuss measuring during pretend play. For example, "Here's 15 ml. of Tylenol for your headache." Add appropriate props.

Parent/Child Time

- Parents come in for pretend play: Let children pretend to be the parents and parents pretend to be the sick children.

Sneezles

Christopher Robin
Had wheezles
And sneezles,
They bundled him
Into
His bed.
They gave him what goes
With a cold in the nose,
And some more for a cold
In the head.
They wondered
If wheezles
Could turn
Into measles,
If sneezles
Would turn
Into mumps.
They examined his chest
For a rash,
And the rest
Of his body for swelling and lumps.
They sent for some doctors
In sneezles
And wheezles,
To tell them what ought
To be done.
All sorts of conditions
Of famous physicians,
Came hurrying round
At a run.
They all made a note
Of the state of his throat,
They asked if he suffered from thirst;
They asked if the sneezles
Came *after* the wheezles,
Or if the first sneeze
Came first.
They said, "If you teazle
A sneeze
Or wheeze,
A measles
May easily grow.
But humour or pleazle
The wheeze
Or sneeze,
The measles
Will certainly go."

They expounded the reazles
For sneezles
And sheezles,
The manner of measles
When new.
They said, "If he freezles
In draughts and in breezles,
Then PHTHEEZLES
May even ensue."

Christopher Robin
Got up in the morning,
The sneezles had vanished away.
And the look in his eye
Seemed to say to the sky,
"Now, how to amuse them today?"

Mary Had a Little Cold

Mary had a little cold,
It started in her head,
Everywhere that Mary went,
That cold was sure to spread.

She took it into school one day,
There wasn't any rule,
It made the children cough and sneeze,
To have that cold in school.

The teacher tried to drive it out,
She tried hard but, "Ker...choo,"
It didn't do a bit of good,
'Course teacher caught it too!
A little thing I learned in school
convinced me I am right.
My parents are supposed to meet
my principal tonight.

My Parent's Are Pretending by Ted Sheu

I'm pretty sure my parents are
pretending they are sick.
I know because I taught them both
to do that little trick.
You blow your nose and hold your head
and claim your brain is breaking.
And so, a pro like me would know
my folks are clearly faking.

Miss Molly Had a Dolly

Miss Molly had a dolly who was sick, sick, sick.
So she called for the doctor to come quick, quick,
quick.

The doctor came with his bag and his hat,
And he knocked on the door with a rat-a-tat-tat.

He looked at the dolly and he shook his head.
And he said, "Miss Molly, put her straight to bed."
He wrote on the paper for a pill, pill, pill.
"I'll be back in the morning with the bill, bill,
bill."

Head and Shoulders

Head and shoulders, elbows and knees,
Elbows and knees, elbows and knees.
Head and shoulders, elbows and knees,
Eyes, ears, and a great big sneeze.
A-choo.

The Hiccups

(*Jacob*) had the hiccups,
Hic, hic, hic, hic, hic, hic.

And all that hic-hic-hiccupping,
Made (*Jacob*) feel quite sick.

His daddy didn't worry,
He knew just what to do.

To scare away the hiccups,
He simply hollered, "BOO!"

Mary Had a Little Lamb

Mary had a little lamb,
Little lamb, little lamb,
Mary had a little lamb,
Its fleece was white as snow.

And everywhere that Mary went,
Mary went, Mary went,
Everywhere that Mary went,
The lamb was sure to go.

It followed her to school one day,
School one day, school one day,
It followed her to school one day,
Which was against the rules.

It made the children laugh and play,
Laugh and play, laugh and play,
It made the children laugh and play,
To see a lamb at school.

And so the teacher turned it out,
Turned it out, turned it out,
And so the teacher turned it out,
But still it lingered near.

And waited patiently about,
Patiently about, patiently about,
And waited patiently about,
Till Mary did appear.

"Why does the lamb love Mary so?
Love Mary so? Love Mary so?
Why does the lamb love Mary so?"
The eager children cry.

"Why, Mary loves the lamb, you know,
Lamb, you know, Lamb, you know,
Why, Mary loves the lamb, you know."
The teacher did reply.