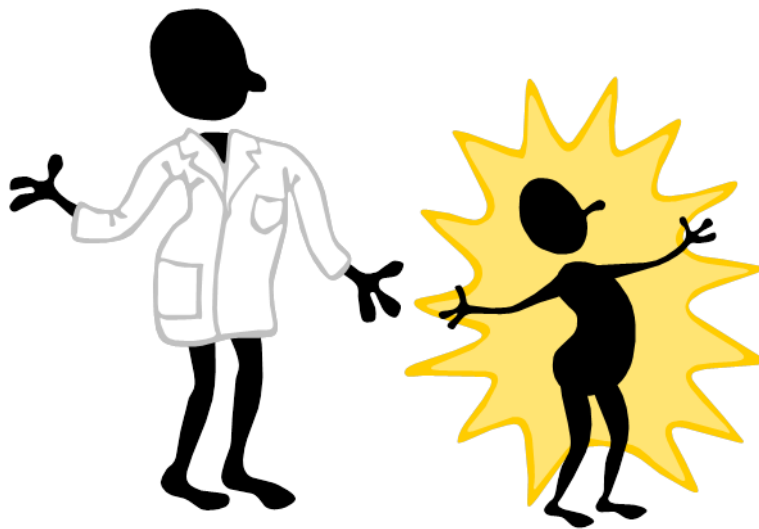


**My Well Child Check-up:
A Preschooler's Guide**



Brianne Esbenshade

Mary Katherine Duncan

Bloomsburg University of Pennsylvania

All About Me



This booklet belongs to



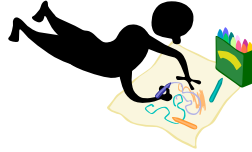
I am _____ years old.



I like to eat _____ for breakfast.

I like to eat _____ for lunch.

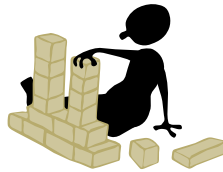
I like to eat _____ for dinner.



My favorite color is _____.



Someone who loves me is _____.



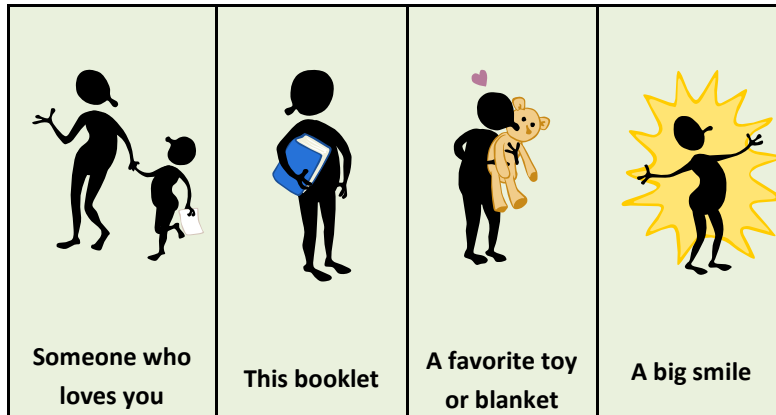
I like to play _____.

Most of the time, I feel...(circle one)



Getting Ready

What should you bring to your check-up?



Do you know the names of your body parts?

"Simons says, point to your..."			
Eyes	Ears	Nose	Mouth
Arm	Elbow	Hand	Fingers
Leg	Knee	Foot	Toes
Belly	Chest	Back	Hair

The doctor or nurse will use special instruments to make sure that you are healthy.



A doctor uses a STETHOSCOPE to hear sounds inside of your body.



A nurse might put a CUFF around your arm. The cuff gives your arm a hug.




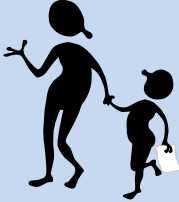
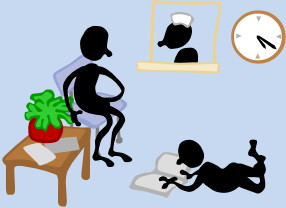

A doctor uses an OTOSCOPE to look in your eyes, ears, mouth, and nose.



A doctor uses a REFLEX HAMMER to gently tap your knee.






My Visit to the Doctor's Office

Place an "X" next to each activity once it is done.

Activity	Done
<p>I took a ride to the doctor's office.</p>  An illustration of a light blue car with its driver-side door open. A person is standing outside the car, and a child is sitting in the back seat. The person appears to be helping the child get in or out of the car.	
<p>I went inside the doctor's office.</p>  An illustration of a person and a child walking together. The person is on the left, and the child is on the right, holding the person's hand. The child is carrying a white bag.	
<p>I waited in the waiting room.</p>  An illustration of a waiting room. A person is sitting on a chair, and a child is lying on the floor. There is a table with a plant and a clock on the wall.	
<p>I heard the nurse call my name.</p>  An illustration of a nurse standing and holding a clipboard. The nurse is wearing a white cap and a stethoscope.	

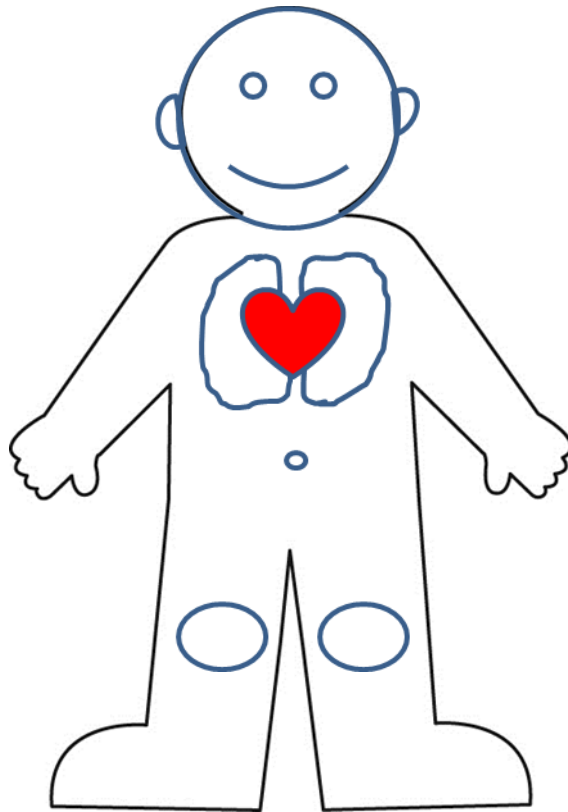
My Visit with the Nurse

Place an "X" next to each activity once it is done.

Activity	Done
<p>I stood on a scale to see how much I weigh.</p> 	
<p>I stood against the wall to see how tall I am.</p> 	
<p>The nurse took my temperature.</p> 	
<p>The nurse checked my blood pressure.</p> 	
<p>I said hello to the doctor.</p> 	

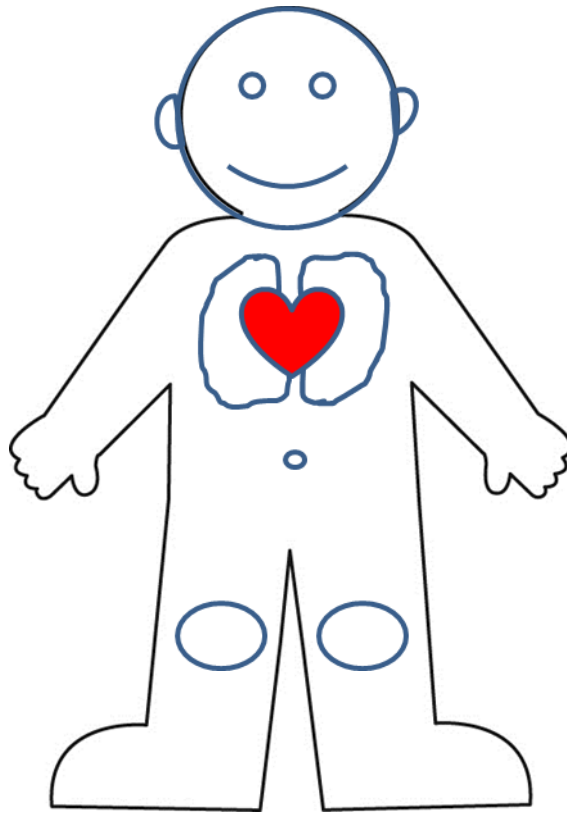
My Visit with the Doctor

Put an "X" on each body part as the doctor checks it.



Instruments and Body Part

Draw a line to match the instrument to the body part.



Stethoscope



Otoscope



Reflex hammer



Cuff



Staying Healthy

Put an "X" on the things that you did today.

Did you get three-in-a-row? BINGO!



Wash your hands.



Use a tissue.



Drink water.



Eat healthy food.



Play.



Sleep.



Brush your teeth.



Take a bath.



Buckle up.

