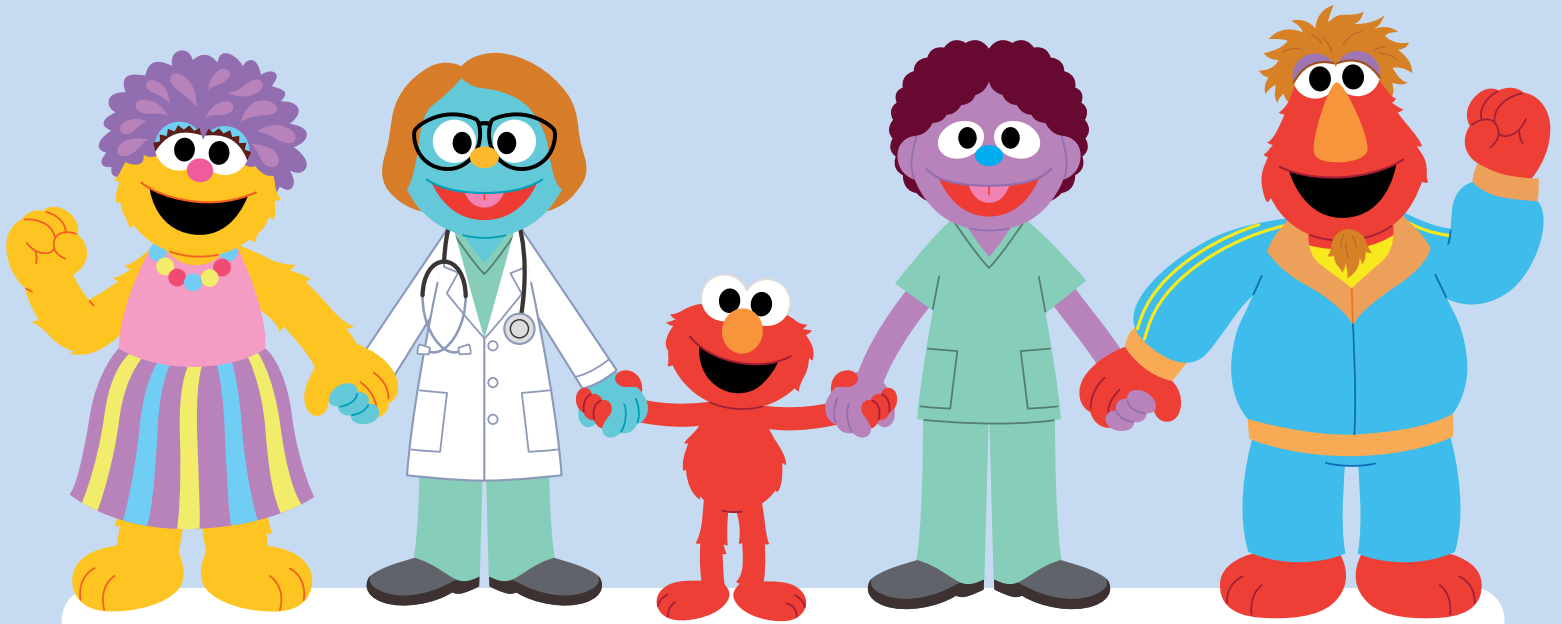


- Communicating With Children's Health Providers
- Healthy Teams
- Well Visits
- Sick Visits

VISITING THE DOCTOR

HELPING KIDS GROW UP STRONG & HEALTHY





A creation of



Sesame Workshop is the nonprofit organization behind *Sesame Street*, the television show that has been reaching and teaching children since 1969. Sesame Workshop has a mission to help kids everywhere grow smarter, stronger, and kinder. We're active in over 150 countries, serving vulnerable children through media, formal education, and philanthropically-funded programs, each grounded in research and tailored to local needs and cultures. For more information, please visit sesameworkshop.org.

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Quest Diagnostics is the world's leading provider of diagnostic information services, serving approximately one-third of the US population annually. The company provides results for nearly 2 million tests daily, ranging from routine testing to breakthrough genetic testing. Quest Diagnostics empowers people to take action to improve health outcomes. Derived from the world's largest database of clinical lab results, our diagnostic insights reveal new avenues to identify and treat disease, inspire healthy behaviors, and improve health care management. Quest is proud to support Sesame Workshop as part of Quest for Health Equity, the initiative of Quest Diagnostics and the Quest Diagnostics Foundation focused on addressing healthcare disparities that impact underserved communities across the US. To learn more visit QuestforHealthEquity.com.

Welcome, Parents and Caregivers!

These pages can help you and your child prepare for a visit to your health provider, whether children are sick or well.

Children benefit from having a “health care home”—one provider, clinic, or office in which you know the staff and they know you. A medical office can be a busy place; that’s why it is good to prepare and make every visit an opportunity to:

- **connect** with those on your child’s healthy team;
- **learn** new ways in which your child and your whole family can thrive; and
- **make** sure your child is on track to grow healthy and strong.

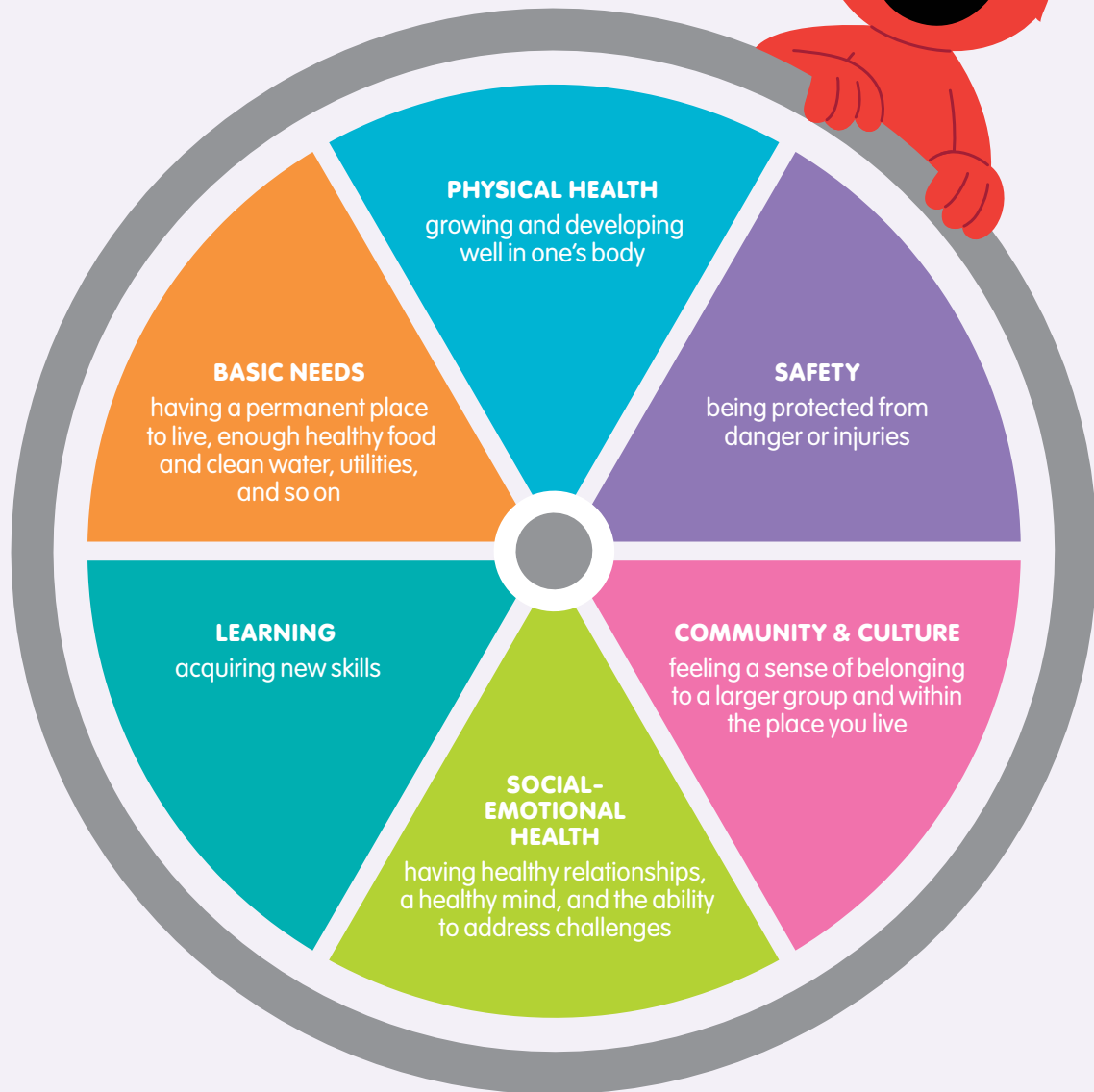
This book is a great way to help both you and your child make the most of every visit. Help children do the activities, check out the information and tips just for you, and... take care!

For more resources on staying healthy, visit sesameworkshop.org

Well, Well, Well!

There are many types of health providers who are key to keeping kids well... and you're key, too. You already do so many things every day to help your child grow healthy and strong!

You might think of wellness like a wheel:



Share with your health provider any thoughts or questions you have about these areas.

Everyone needs support from time to time. Your health provider(s) may be able to suggest ways to get the help your family needs. Asking for help is an act of strength!



Hooray for Healthy Teams!

You are your child's first and most important advocate. In fact, you are the captain of your child's "healthy team"—a circle of care made up of health providers (doctors, physician associates, nurses, community health workers, or traditional practitioners), teachers, other school staff, afterschool activity leaders, childcare providers, other family members, and more.

Words Are Medicine!

Your health providers can be your best teammates. Of all the tools and equipment in their offices, the most important one is communication. When you share information and listen closely to each other, you're all helping your child be as healthy as they can be. For instance, honest and detailed conversations around these topics can be game changers:

- **Sleep** is so important to your child's health, and your health provider can tell you exactly how much sleep your child needs—age by age—and ways to help them get enough.
 - **Healthy Foods:** If you're having trouble getting enough nutritious food for your family, health providers and community services centers can help you find help.
 - **Growth & Development:** Tell health providers about all the ways your child is thriving, as well as any worries about how your child is growing and what they're able to do. Your team can also tell you what you want to expect—age by age—to help you track how your child is growing, and you can all work together to figure out if there's cause for concern.
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My Healthy Team



Draw yourself with the people who help keep you healthy and safe, then say what each one does (such as make you healthy snacks, read you a story, sing you a lullaby, or give you a bandage if you have a cut.)
You might draw:

- Parents or other family members
- Teachers
- Health Providers
- Grown-ups from childcare
- Other community members such as firefighters, bus drivers, or neighbors



Well Visits

After age three, well visits happen once a year. On your way out of each appointment, try to schedule the next one.

Your child should also see the dentist every six months—starting at their first birthday or once their first tooth starts to come in, whichever happens first.



Before a Visit

There's a lot you can do to help kids prepare:

- Read books about going to the doctor and talk about how the characters are feeling.
- Play pretend! Act out what might happen at a doctor's visit, and take turns being doctor, nurse, and patient. Children might also use dolls or stuffed animals as "patients." Encourage them to offer comfort!
- Words of reassurance—plus simple explanations—go a long way in preparing bringing your child in for a well visit. For instance, you might say:
 - I love taking you to your health visits because it helps me notice all the ways you're growing. I'm proud of you.
 - It's your healthy team's job to make sure you are healthy and growing strong. We can also teach you ways to take care of yourself, too!

Tips for a Successful Visit

- Remember: it's okay to not understand, and it's good to ask questions!
- Ask the office staff how to sign up for the patient portal so you can easily find information about your child's health, like growth charts and vaccination records.
- Before the visit, write down the three most important pieces of information you want to share—you're the expert on your child, and sharing is so helpful. Also write any questions you have, and bring a pencil or pen—or use your phone—to take notes.



Checking Up on Health

All of your Sesame Street friends go for check-ups to be sure they're growing up healthy and strong. Notice ways Elmo's visit may look a lot like your own.



Put the stethoscope sticker here.

The doctor puts a stethoscope on Elmo's chest to listen to his heartbeat.



Then she puts it on Elmo's back.



Elmo takes slow, deep breaths in and out so the doctor can listen to how well Elmo's breath fills his lungs.

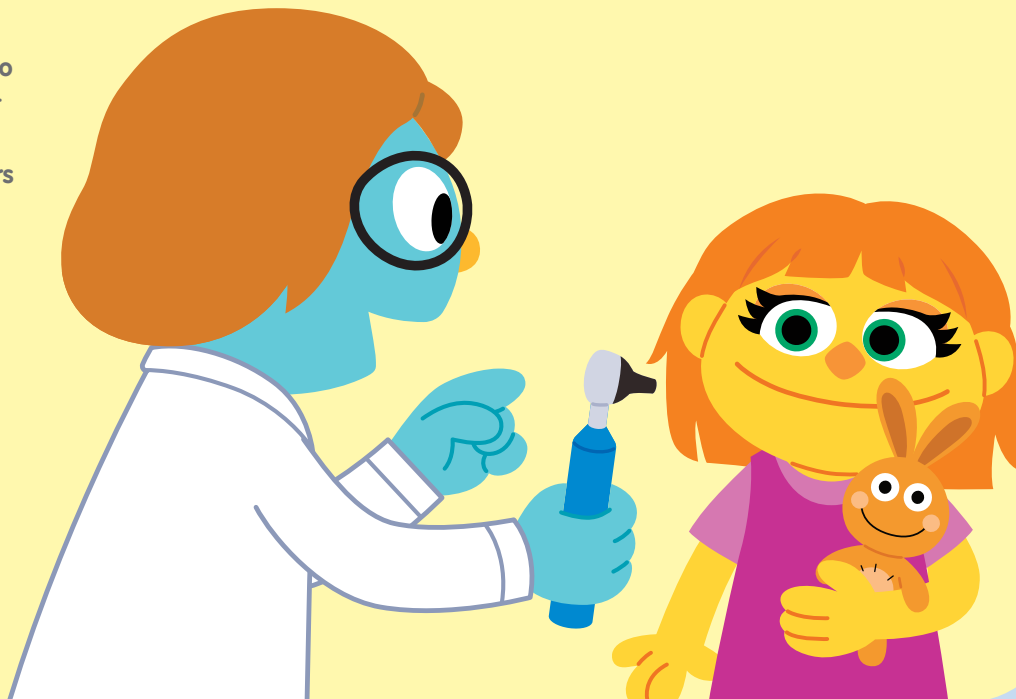


The nurse checks how tall Rosita is and how much she weighs. She is 2 feet and 10 inches tall—taller than she was on her last visit!

"I'm happy to see you," the nurse says. "You're growing tall! You must be taking good care of yourself by eating healthy food, drinking lots of water, moving your body, and getting enough sleep."



The doctor shines a special flashlight called an otoscope into Julia's ears, and then a different one into her eyes. It helps the doctor tell that her eyes and ears are okay, and it just takes a few seconds. "Three, two, one... done!" the doctor says. Julia counts along too.



Wes and his dad talk to the doctor, because they have important questions for each other. Then Wes gets a shot to keep him from getting sick. They all sing a song when the shot is coming, and it's over fast. Wes gets a sticker for being brave, and his dad makes the appointment for Wes's next check-up.



Put Wes's bravery sticker here.



Sick Visits

When your child is sick, visiting the doctor is an important part of understanding what may be happening and how children can recover quickly. Earaches, breathing difficulty, pink eye, and stomachaches are all common reasons for sick visits—they can get worse without treatment, so it's important to not delay (and know when to go to the emergency room if needed). Follow your instincts... you know your child best.

Consider these ideas:

- Write down all the information about what's going on (such as details about fever) to share with your health provider, and have the name and number of the pharmacy that you'd need to have any prescriptions called in to.
- You'll be given instructions about what to do at home to manage symptoms, and you can ask if there's anything else that might work.
- You'll also want to ask about warning signs that mean you should call or e-mail the office.
- If your child is given a prescription, be sure you're clear on how and when to use (and how much), how it should be stored, and any possible side effects.

To comfort children before or during a sick visit, you might say:

- It's okay to be scared. You can be scared and have courage at the same time.
- I will stay with you the whole time.
- (if true) You're going to be okay. You'll feel better soon.
- You have a whole healthy team to help you. The doctor and nurse will take good care of you, and I (or another caring adult) will take care of you at home.
- To help you, sometimes doctors and nurses need to do things that hurt a little, or feel uncomfortable. But they try their best to make it quick!



Managing Chronic Illness

Asthma, diabetes, and allergies are common chronic illnesses and conditions—and they can be extra challenging for the whole family. When appropriate—and depending on age—you might offer these explanations and words of comfort:

- I understand why you're frustrated/angry/grumpy/confused. Playing and learning can be really hard when we don't feel well.
- Getting well might take some time, but we'll all work together to help you feel better.
- This can be confusing, but we'll all figure it out together.
- Sometimes, living with ___ is hard and it feels like we're walking up a steep hill. Sometimes things feel okay, like the road is flat. And sometimes it's easy, like walking downhill! The road will change, but we will stay on it together.

Elmo's Sick Visit

Elmo had a sore throat and a runny nose, so his Mommy took him to the doctor. The doctor looked in Elmo's mouth, ears, and nose, then told Mommy about what medicine to get. Elmo and his Mommy picked up the medicine at the pharmacy. When they got home, his Mommy gave him his medicine and he got ready for his nap.

Place the stickers to show what helps Elmo feel better. How does each one help?
What helps you feel better when you're sick?

