### Going to the Doctor

*Turn visits to the Doctors into fun adventures (or at least try!)*

- Have your child make a self portrait for the Dr. and label it with your child’s name and a short message
- Talk about a “stethoscope”. Practice saying the word together and explain how it listens to a heart beat
- Count how many different colors you see in the waiting room
- Describe objects in the waiting room by their color and size and see if your child can identify what they are
- Take along some colorful crayons or markers and some paper. Have your child draw their feelings – ask how they feel and let them put whatever they like on the paper
- Take along some pipe cleaners and have your child create some creatures. Name them and talk about what they eat and where they might live
- Check out a book on tape or CD and let your child listen to it on a portable device with earphones while you are waiting
- Read books together while you wait

### Books about Doctors and Dentists:
- *Going to the Doctor* by Nicola Barber
- *Does a Hippo Say AHH?* By Dr. Fred Ehrlich
- *Corduroy Goes to the Doctor* by Lisa McCue
- *Tools We Use* by Dana Meachen Rau
- *Going to the Doctor* by Ian Smith
- *How Do Dinosaurs Get Well Soon?* By Jane Yolen

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