Kit theme: **DOCTORS AND DENTISTS**

- **Book titles included:**
  1. *My Friend the Doctor* by Joanna Cole
  2. *Lola Goes to the Doctor* by Marcia Goldman
  3. *Open Wide: Tooth School Inside* by Laurie Keller
  4. *The Tooth Book* by Dr. Seuss
  5. *Doctors and What They Do* by Liesbet Slegers

- **DVD:** *Let’s Go to the Doctor (Barney)*

- **CD:** *Healthy All Over*

Additional titles available at the Johnson County Library:
*The Steadfast Tin Soldier* by Hans Christian Andersen
*Doctor Ted* by Andrea Beaty
*Berenstain Bears Go the Doctor* by Stan Berenstain
*Mother, Mother I Feel Sick* by Remy Charlip
*Melvin the Magnificent Molar!* by Julia Cook
*Doctor Nice* by Valeri Gorbachev
*I Lost a Tooth* by Lisa Herrington
*Dear Dragon Goes to the Dentist* by Margaret Hillert
*A Day With the Doctor* by Jan Kottke
*A Trip to the Doctor* by Deborah Lock
*Froggy Goes to the Doctor* by Jonathan London
*What To Expect When You Go To The Dentist* by Heidi Eisenberg Murkoff
*Curious George Visits the Dentist* by Margret Rey
*Vera Goes to the Dentist* by Vera Rosenberry
*Taking Care of Your Teeth* by Mary Elizabeth Salzmann
*If I Were a Doctor* by Scholastic Inc. a Rookie Toddler Board Book
*Does a Tiger Go to the Dentist?* by Harriet Ziefert

See the back for activities to help children with these 6 by 6 Ready to Read early literacy areas:

- *Have Fun With Books*
- *Tell Stories*
- *Notice Print*
- *Look for Letters*
- *Talk, Talk, Talk*
- *Take Time to Rhyme*
Activity Ideas – Doctors and Dentists

**Doctor’s Office.** Set up an area of the room as a doctor’s office. Include a scale, measuring tape, eye chart, stethoscope, reflex hammer, cotton balls, gauze, elastic bandages, tiny flashlights, doctor’s coats (white shirts), kid’s magazines, chairs, etc. Measure and record each child’s height and weight. Graph the results. To extend play, include some stuffed animals or dolls as patients, and let children pretend to be the doctors and nurses taking care of them.

**Dentist’s Office.** Have fun playing “dentist”. Let children take turns sitting back in a chair, put a paper napkin around them, and get out the floss and toothbrush. Put on a paper dental mask or make one with a coffee filter. Pretend to count the teeth, clean them and floss them. Take a pretend x-ray by snapping a photo.

**Talk, Talk, Talk.** Many children feel apprehension about visits to the doctor. Knowing exactly what will happen at the doctor’s office will help to lessen their anxiety. It is important for your children to understand that regular checkups help keep them healthy and safe. The same is true for visits to the dentist.

**Art.** Let children paint or color a teddy bear outline. Provide bandages and let children place them on their drawing. Ask children to tell you how the teddy bear got hurt. For an added connection, paint with cotton balls, cotton swabs, or old toothbrushes.

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**I’m Going to Sneeze**  
(tune of *The Farmer in the Dell*)  
I think I’m going to sneeze (ah-choo)  
I think I’m going to sneeze (ah-choo)  
If you sneeze, use a tissue please!  
Ah-choo, ah-choo, ah-choo!

**Wash Your Hands**  
(tune of *Row, Row, Row Your Boat*)  
Wash, wash, wash your hands,  
Play our hand wash game.  
Rub and scrub and rub and scrub,  
Germs go down the drain, hey!

**Doctor Makes Us Well**  
(tune of *Farmer in the Dell*)  
The Doctor makes us well.  
The Doctor makes us well.  
Hey! Ho! What do you know?  
The doctor makes us well.

**Brush Your Teeth**  
(tune of *Jingle Bells*)  
Brush your teeth, brush your teeth,  
Give your teeth a treat.  
Brush up and down and all around,  
To keep them clean and neat!

**Brushing Fun**  
Brush up like a rocket.  
Brush down like a plane.  
Brush round and round like a choo-choo train.