

discovery time

Healthy Check-Up

Parents and caregivers, extend Discovery Time into your home. Share these finger plays and activities with young children. **The letter for this theme is D.**

Brushing Song

(Tune: "Old MacDonald")

In my mouth I have some teeth, E-I-E-I-O
And in my mouth I put my brush, E-I-E-I-O
With a brush, brush here,
and a brush, brush there
Here a brush, there a brush,
Everywhere a brush, brush
In my mouth I'll keep my teeth! E-I-E-I-O!

I'm a Helpful Doctor

(Tune: "I'm a Little Teapot")

I'm a helpful doctor,
Dressed in white.
I help people feel better,
Day and night.
When you get hurt or sick,
Come see me.
I'll get you all fixed up,
Quick as can be.

Run In Place

(Tune: "Row, Row, Row your Boat")

Run, run, run in place
While you sing in song.
That's the way to help your heart
Stay healthy and grow strong.

Other verses:

*Jump, jump, jump up and down
Swing, swing, swing your arms
Walk, walk, walk around.*

I've Got a Cold

I've got a cold.

(Look sad and point to self)

My nose can't smell.

(Point to nose)

My eyes are red.

(Point to eyes)

I don't feel well.

(Hands on forehead like a headache)

So I'll drink my juice,

(Pretend to drink juice)

And go to bed

(Pretend to sleep)

My nose feels better,

(Point to nose and smile)

And so does my head.

(Point to head and smile)

This Is the Way We Wash Our Hands

(Tune: "Here We Go Round the Mulberry Bush")

This is the way we wash our hands,

Wash our hands, wash our hands.

This is the way we wash our hands,

Before we eat our food.

This is the way we wash our hands,

Wash our hands, wash our hands.

This is the way we wash our hands,

After we play outside.

This is the way we wash our hands,

Wash our hands, wash our hands.

This is the way we wash our hands,

After we sneeze or cough.



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Help your child get ready to read with these simple activities.

- **Talking:** The doctor's office can seem like an unfriendly place to a child. Talk with your child about the people who work there and the things you see there. That will make the doctor's office seem more familiar.
- **Singing:** Using a simple song about a routine activity, such as washing hands, makes the activity more fun.
- **Reading:** Prepare your child for a visit to the doctor by sharing books about the experience. Check the library for books on this topic. Many doctors' offices also have children's books and magazines in the waiting room. Reading to your child is a great way to help her relax.
- **Writing:** Coloring can help prepare your child to write. Providing paper and crayons in an environment like the doctor's or dentist's office can help your child to relax and have fun, all while developing his writing skills.
- **Playing:** Pretend with your child that his favorite doll or stuffed animal is sick. Act out giving the toy medicine, visiting the doctor, and soothing it.

caregivers' corner

Incorporate Movement While Reading to Children

Physical activity is important for the health and well-being of children. Not only does staying active help children keep fit, but it helps children form active habits that last into adulthood. Physical activity also helps children develop large and small muscle skills that form the basis of their ability to be active later.

Children love books and children love to move. And reading together and moving together are good for children and families. Some books describe movements within the story that serve as an inspiration. Others contain a rhyme or refrain that is fun to move to.

Sullivan, Pamela. "Wiggling, Giggling, and Moving from Head to Toe: Books to Encourage Exercise." *NAEYC for Families*, n.d., <https://families.naeyc.org/learning-and-development/reading-writing/wiggling-giggling-and-moving-head-toe-books-encourage>. Accessed 30 June 2017.



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