

A HEALTHY ME



Activity Book for Kids

My name is _____.

Today I'm going to my doctor for a check-up.

My doctor calls it a **well-child visit**.

I'm not sick today, but I need to make sure I'm growing up as healthy as I can be.

I go **every year** and I can't wait to see how much I have grown!



Going to the Doctor's Office

Going to see a doctor for regular checkups is a smart idea for kids. These visits happen when you feel good. That's why they are also called **well-child visits**.

Well-Child Visits:

- Give your doctor the chance to see if you are growing in a healthy way.
- Are a time for your parents to ask the doctor questions about your health and how you are growing up.

When you go see your doctor, you will sit in a waiting room. The nurse or aid will come to get you and get your height and weight.

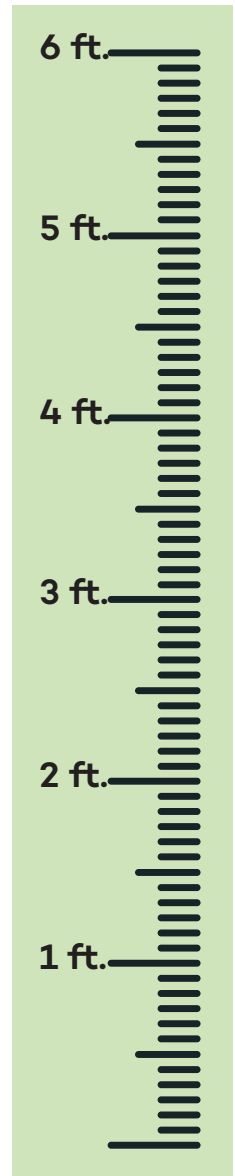


I am _____ feet tall.

I weigh _____ pounds.



Draw how tall you are!



The Exam Room

After you get measured, the nurse or aid will take you to an **exam room**. There is a picture of an exam room on this page. Your exam room might be decorated with fun colors, pictures, or it might be more simple.

The nurse or aid will give you a **gown** to wear during your visit. You will stay in the exam room for your well-child visit. Your parent or caregiver will stay in the room with you.

Circle these objects in the picture:

Otoscope and

ophthalmoscope –

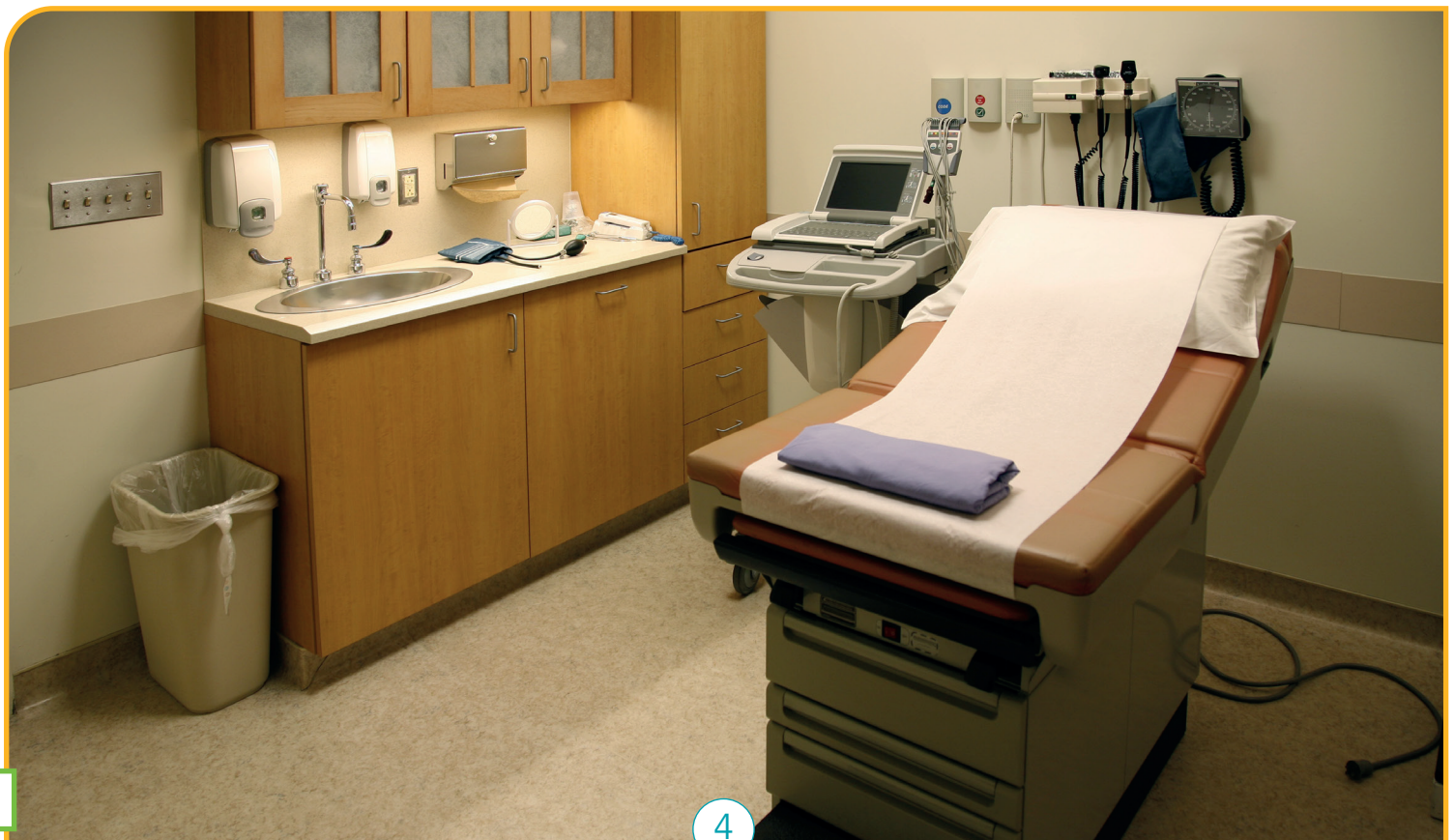
what your doctor uses
to look into your ears
and eyes

**Table that reclines
that you sit on**

Trash or sharp box to
throw away things

Hand sanitizer

Sink

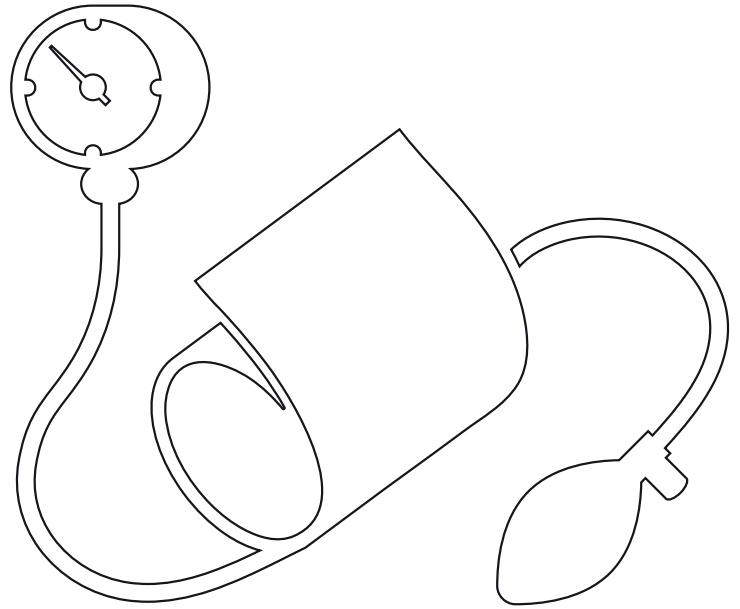


Blood Pressure and Pulse

When you go see your doctor, someone will check your **blood pressure** and **pulse**. This happens before the doctor comes in to see you.

To check your **blood pressure**, a nurse or aid will put a band around part of your arm and pump air into the band, blowing it up like a balloon. It will give your arm a squeeze, but it doesn't hurt. The nurse or aid will put a **stethoscope** on your arm. This lets them hear how the blood moves through your veins and arteries.

Some offices use an automatic blood pressure cuff. These cuffs work the same way, but the nurse or aid only has to put the cuff on you and push some buttons!



COLOR ME!



Write down name of the device used to check your blood pressure:

Blood pressure cuff **and** _____.

To check your **pulse**, a nurse will press two fingers onto an artery in the body such as your wrist. Your pulse tells how fast your heart is beating.



Body Parts

After the nurse or aid measures you, your doctor will see you and check your whole body to make sure you are healthy. Your doctor may check your:



BELLY



EARS



NOSE



LUNGS



HEART



SPINE



SKIN



LEGS
(Walking)

FIND THE WORDS BELOW!

S	H	E	A	R	T
K	Y	L	L	E	B
I	N	O	S	E	L
N	S	P	I	N	E
L	U	N	G	S	G
E	A	R	S	Y	S



Get Your Eyes and Vision Checked

What part of your body do you use to read a cereal box, see a ball coming your way, see colors of a rainbow, and use to cry when you feel sad?

Your EYES!

Color in the word “EYES” on the chart below:



Your eyes are amazing! That’s why your doctor checks your eyes at your **well-child visit**. Your doctor wants to make sure you can see so you can do well at school, home, and have fun with other kids.



To check your vision, your doctor will ask you to read the letters on an eye chart.



Some doctors will take a picture of your eyes with a special camera. This camera lets them see inside your eyes.



The “Whole You”

Your doctor wants to know the “whole you” and everything that affects your health. So, don’t be surprised if your doctor asks about your friends, things going on at school, if you wear a helmet when you ride a bike, or things like having chores at home. As you get older, the questions will be a little different. What your doctor needs to know will change as you grow and start doing new things.



**A few things I like
about myself are:**

**I want to ask my
doctor about:**



Getting Your Shots Help Fight Off Germs

Germs are so tiny that you cannot see them. When germs get into your body, they can make you sick.

So, how do you fight off germs?

Your doctor can give you a little shot or “vaccination” to keep you from getting sick and to protect your body from germs. The vaccine in the shot tells your body how to fight certain germs so they can’t make you sick.

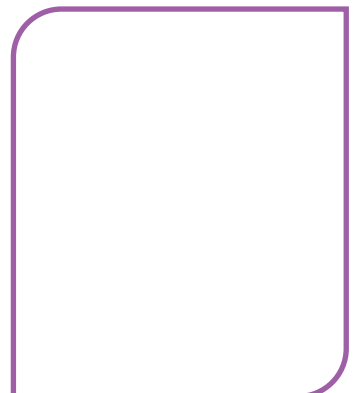
Most people don’t like to get shots, even grown-ups! So, it’s ok to be nervous. It helps to know what happens when you get a shot:

- 1 First, the nurse will clean your arm. It might feel cold but it will not hurt.
- 2 The shot comes next. It’s ok to look away, hold someone’s hand, or do something to distract yourself like read a book or sing a song.
- 3 Your shot may feel like a little pinch and it may sting a little bit.
- 4 When you’re done, the nurse will put a bandage on your shot. Ask for a fun one!

When you go to the doctor for a shot, bring something with you like your favorite stuffed animal or blanket. Or you can watch a video or read a book.



Circle the picture! What will you bring with you the next time you get a shot?
Circle that item you plan to bring with you to the doctor’s office. If you don’t see your item here, draw or write down your own in the empty box.

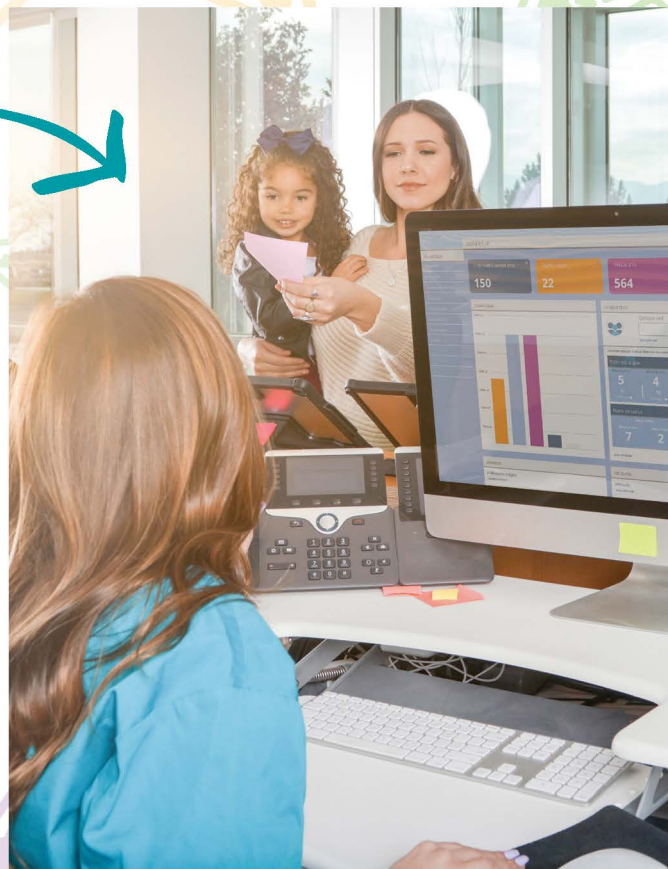


Congratulations — you're all done!

You have finished your well-child exam for this year:

- The last step will be a stop at the front desk.
- You can get a school excuse for your visit.
- Your parent or caregiver will need to schedule your exam for next year.

You are on your way to **A Healthy Me** and you're doing great, keep going!



Caregiver Advice

We hope your child has enjoyed this activity book – A Healthy Me! Be sure to encourage your child to bring this book to their next well-child exam. Your child can check off the pages as the doctor performs each part of the exam. **There are check boxes on each corner of every page!**



As a parent or caregiver, you're doing a great thing by keeping up with your child's exams! We know it is hard to find time to take your child to the doctor when they are not sick, but these exams are so important to your child's overall health and well-being. These types of visits give the doctor extra time to look at different areas of your child's health.

Every Child is Different

- Infants have more well-child exams. Older children only go once a year.
- Infants need extra measurements for physical growth like head circumference. They also need more shots.
- Shots are a safe way to make your child's immune system stronger. A strong immune system can fight certain contagious illnesses.
- Your child's immune system can fight germs. It's kind of like making your child wear a helmet on a bike. You make them do it to keep their body safe and healthy.

No matter how old your child is, you will need to complete questionnaires and answer questions about them. As your child gets older, they will also start doing this on their own. These questions will focus on different things over time such as:

- Physical and emotional development
- Behavioral health
- Behaviors that could put your child at risk

When your child becomes a teenager, it is common for your doctor to meet with your child one-on-one for part of the visit. Helping your teen learn how to use health care is an important part of these visits so that they can do it on their own when they become an adult.

Your child's doctor thinks of your child's "whole" health. This means both their physical health and development, behavioral health, brain development, and social well-being. Your child's doctor is your partner in keeping your child healthy!



