



# DOCTORS AND NURSES

## PARENT HANDOUT

### CIRCLE TIME

#### CHECKUP SONG

Tune: Mulberry Bush

*The doctor listens to my heart,  
To my heart, to my heart.  
The doctor listens to my heart,  
Boom, boom, boom.  
The nurse looks inside my mouth,  
Inside my mouth, inside my mouth.  
The nurse looks inside my mouth,  
Ah, Ah, Ah.*

Pass out play doctor kits. Use play Stethoscopes and play otoscopes.

#### JUMPING ON THE BED

Action Rhyme

*Three little monkeys jumping on the bed,  
One fell off and bumped his head.  
Mama called the doctor, and the doctor  
said, No more monkeys jumping on the  
bed.*

Children jump on individual garden kneeling pads, while holding clackers. Count down from three.

#### BANDAGE WRAP

Group Movement Activity

Children are wrapped up with torn bed sheets or white crepe paper “bandages.” Also, have children wrap up parents.

Play easy listening background music.

### CREATIVE PLAY STATIONS

Free Play with theme puzzles, playdoh, Dr. Drew’s Discovery Blocks

#### COTTON BALL FUN

Messy Play

Children and parents play together at the sensory table filled with colored cotton balls. Provide children with plastic tongs and empty bandage boxes to fill with cotton balls.

#### CHICKEN POX SPOTS

Creative Play

Children stamp on paper outlines of poster board boys and girls using red dot painters. Label with child’s names and take home.

#### CHECK-UP

Communication/Pretend Play

Children and parents pretend to go to a doctor’s office. Cover table with white bulletin board paper. Use children’s medical kits to examine “patients.” Provide band-aids. Name body parts.

#### AMBULANCE PLAY

Active Play

Children ride in wagons with stuffed animal “patients.” Parents pull the wagons around the room and make siren sounds. Also provide small wagons for children to pull.

### SNACK TIME

Cream of chicken soup with oyster crackers and juice

### HOME PLAY

**Praise your child. Hug, kiss, smile, and say, “Remarkable!”**

Pretend being doctors, nurses, and patients at home. Use dolls, stuffed animals and band-aids in the play.

### TEN THINGS EVERY CHILD NEEDS

- Interaction
- Loving Touch
- Stable Relationship
- Safety and Health
- Self Esteem
- Quality Child Care
- Communication
- Play
- Music
- Reading