

## HOUSE CALLS FOR KIDS PRESENTATION TIPS

*Depending on the size of the class, it may be helpful to split them into two groups.*

Why do you go to the doctor's office? Allow the children to give some answers.

**The doctor wants to make sure you are healthy and that you stay healthy. Right now we are in school learning to be doctors. Who can be a doctor? Both boys and girls can be doctors. Today we want you to understand why the doctor has you come in for a check up. We want you to understand how the things work that he/she uses.**

Does everyone know what the difference is between a "good touch" and a "bad touch"? What is a bad touch? What is a good touch? Is it OK for a doctor to touch you? **Yes. Doctors are safe people who are here to help you.**

*Each presenter should sit on the floor with the kids. Make sure they maintain a distance so that everyone can see. If they start to "creep" forward, remind them to sit back.*

**This is our pretend patient today. S/He is 4 years old. We need a name for our patient. What do you think her/his name should be? Pick a name quickly.**

"DOLL NAME" is pretend, s/he is not real like you and me. We will be able to see all of the things that are inside of all of us, by pulling the cloth covering her/his pretend body."

### 1. EARS

*Show otoscope. First, let's look into the ears. We use an otoscope. It has a light in it so we can look into his/her ears so that doctors can see in the tiny places. It is a special kind of flashlight. Turn the light on and shine it on the children's hands. Look into the doll's ear. Sometimes it tickles your ear. Next, use otic thermometer on the doll's ear. This is a thermometer. We use it to see how warm you are.*

### 2. EYES

**Let's look into the eyes. We use an ophthalmoscope. It helps us to see inside his/her eyes. It has a little light in it to see inside the eye. The doctor also uses a little flashlight to make your pupils get smaller. The pupil is the black part of your eye and it gets bigger or smaller depending on the light. This flashlight tells the doctor if your eyes are working the way they should. Sometimes the doctor wants you to follow his/her finger with your eyes. Try to keep your head still and just move your eyes. Have the children follow the light with their eyes.**

### 3. THROAT

**Now we need to look into his/her throat. We need him/her to say "AHHH" so we can see the throat. Sometimes doctors use this stick with a flashlight. Show the class the tongue depressor and flashlight. It makes your tongue lie flat so the doctor can get a good look. Let's show him/her how to say "AHHH." Have the children say "AHHH." The doctor is checking your throat and tonsils now.**

### 4. HEART

*Show the stethoscope. Have any of you ever seen this? What is it called? It is called a stethoscope. What do you do with a stethoscope? Have you ever listened to your heart? Hand out stethoscopes. Help kids use stethoscope. I am going to listen to (DOLL NAME's) heart. What sound does your heart make? Can you hear your hearts? S/He has a heart. Let's see what it looks like. Open the doll. Carefully point out the heart. Place the blood pressure cuff on the doll's arm. This is a blood pressure cuff. It helps us to examine your heart. The blood pressure cuff will give your arm a squeeze. He/she will need to hold still so that it can do it's job. If he*

wiggles around, the blood pressure cuff will need to start the squeeze over, and it will take longer.

5. **LUNGS**

With the stethoscope, the doctor can also hear your breathing. Your lungs do your breathing. DOLL NAME has lungs. *Point to the lungs.* They are what help you to breathe. We need to listen to him/her breathing. It tells the doctor if the lungs are working the way they should. *Speaking softly* – We need to speak softly so we can hear the sounds. It’s a quiet sound that comes through the stethoscope. Let’s have him/her take a deep breath in and out, so we can hear him/her really well. Let’s show him/her how. Everyone take in a deep breath and then blow out. *Demonstrate to children where they should put the stethoscope. Have children take another deep breath as they are listening with the stethoscope.*

*Put the doll back together and pull shirt over him/her. Get stethoscopes back from the kids. It’s time to put the stethoscopes away. Everyone please hand me your stethoscope.*

6. **ABDOMEN**

While DOLL NAME is lying down, we need to feel his/her tummy. Can we see the body parts inside of our bodies? No. So, the doctor has to feel with their hands. We can feel different body parts inside of him/her. We have to press on his/her tummy in order to feel his/her body parts. Let’s see some of the body parts we can feel. *Open the doll body half in order to see organs.* We can feel the stomach. We can also feel the different body parts like your liver and spleen.

*Put the doll back together and sit him/her up.*

7. **NERVES/MUSCLES**

We use this rubber hammer and tap his/her knee. We do this because we want to see if your legs or arms jump. It is good when they jump on their own. Nerves in your body make your muscles work. They let you run, jump, and wiggle your fingers. They also help you to feel things, like if something is hot or cold. You can feel some of your muscles. *Demonstrate where they can feel their muscles.* Can you feel your muscles? You use them when you do everything, when you walk, run, talk, play, and even talk.

8. **GETTING INJECTIONS (SHOTS)**

Sometimes when you go to the doctor, you need to get an injection. Some kids call an injection a “shot” or a “poke”. What do you call it? *If most children say “shot”, then use the word “shot”.* DOLL NAME doesn’t have to get a shot today, but sometimes when you go to the doctor you need to get a shot. What are some reasons why we would need to give him/her a shot? *Clarify misconceptions that are stated by the children.* Sometimes, doctors give you a shot so that your body will stay healthy.

Another way to stay healthy is to take medicine. You should only take medicine when your parents ask you to take it.

9. **CONCLUSION**

Now, DOLL NAME is done with his/her check-up. Do you think s/he did a good job? I think so too.

*NOTE: If you are working in two separate groups, try to conclude at the same time.*