



National Center on  
Health, Behavioral Health, and Safety

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## What's the Word, Big Bird?

### Staying Healthy with Doctor Visits

One of the most important things we can do is make sure young children are as safe and healthy as possible. Eating nutritious foods and getting exercise are great ways to take care of children and ourselves, and so are routine health care visits! Children may have questions or worries about visiting the doctor, so it helps them to know what to expect at visits. Each child should also know that there is a whole team of people to help them stay well — and that they're an important member of that team, too! This month, [Sesame Street in Communities \(SSIC\)](#) is sharing resources to help you support children through healthy and not-so-healthy times, and to help them feel confident and reassured when visiting health care providers.

#### Featured Resources

Explore SSIC resources related to this month's topic, staying healthy with doctor visits.

##### [Visiting the Doctor](#)

Knowing what to expect from a visit to the doctor can help ease children's worries. Watch this video with children to talk about what to expect at their checkups!



##### [Sick Days](#)

Getting sick can come on fast, especially for young children. Share this printable with families to help them prepare for unexpected sick days!

##### [My Healthy Team](#)

Staying healthy is a team effort! Use this printable with children to discuss all the people who work together to help them play, learn, and grow.

#### What's New

Check out the latest resource from SSIC to support children and families in your program.

### **Abby's Letter Garden**

Join Sesame Street friends in this interactive game that can help children recognize and write uppercase letters.

**Register for an SSIC account** to save your favorite resources, complete activities, and participate in free professional development offerings, such as webinars, trainings, and courses. Sesame Street in Communities is a partner in the Office of Head Start's National Center on Health, Behavioral Health, and Safety. The Sesame Workshop **privacy policy** applies, as SSIC is not an HHS system.

### **Stay Connected!**

Join **MyPeers** to connect with Head Start and early childhood colleagues around the country on this and other topics. Members of the **Health, Safety, and Wellness** community are currently networking, sharing, and learning from each other. Find it under "All Communities" and select the blue "Join" button.

Please share this message with colleagues who may be interested in this topic.

Did someone forward you this newsletter? **Subscribe** to stay up to date!

### **We Want to Hear from You!**

Send your questions or comments to **health@ecetta.info** or (toll-free) 888-227-5125.

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