



The Reading Bear Society:

A Visit to Dr. Bear: An Interactive Video

About the Reading Bear Society

The Reading Bear Society (RBS) is a not-for-profit initiative that promotes early literacy and healthy living in children through intergenerational mentorship. To accomplish its mission, the RBS uses teddy bears to connect with children. Whether children are reading to their teddy bear at night, practicing bear breathing, or bringing their bear to the doctor for comfort, teddy bears can uniquely help them in their journey of learning and growth.

What is A Visit to Dr. Bear?

A Visit to Dr. Bear is a [20-minute interactive video](#) in which children learn about healthy lifestyle through body facts, story time and play.

The video begins with an [interactive story](#), which introduces children to common reasons for visiting the doctor. Throughout the story, a medical student uses teddy bears to demonstrate procedures that children may experience at a doctor's office, such as getting a checkup or a vaccination. After story time, the children follow along and practice procedures on their own stuffed animals, perform bear belly breathing, and listen to heart sounds. The visit ends with an instructional video on [hand washing and wearing a mask](#) and a summary of healthy habits to practice every day.



What is the Purpose?

1. Introduce common medical procedures in a child-friendly environment.
2. Promote cultural sensitivity with the use of various bear species.
3. Demonstrate proper hand washing and wearing a mask.
4. Discuss the rationale for immunizations.
5. Demonstrate bear belly breathing as a calming technique.
6. Discuss healthy habits involving diet, exercise, sleep, and reading.
7. Practice principles of early literacy.
8. Provide evidence-based [resources for parents](#).

How Can My Child Participate?

These visits are best suited for groups of children from preschool to grade 1. If you would like your child to participate, click [here](#) or visit www.thereadingbear.ca. For more information, please follow us on [Instagram](#) and [Facebook](#).

