



# The Reading Bear Society: A Visit to Dr. Bear

## 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 1-hour session in which children learn about healthy lifestyle through body facts, story time and play.

Each visit begins with an [interactive story](#), which introduces children to common reasons for visiting the doctor. Throughout the story, medical students use 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 are able to participate in stations where they can practice procedures on stuffed animals with toy instruments, work on proper [hand washing and wearing a mask](#), perform mindful bear breathing, and listen to their own heartbeat with a real stethoscope.



## 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 breathing as a calming technique.
6. Discuss healthy habits involving diet, exercise, sleep, and reading.
7. Provide evidence-based [resources for parents](#).

## How Can My Group Participate?

These visits are best suited for groups of children from preschool to grade 1. If you would like your class to participate in this program, or you wish to volunteer with the Reading Bear Society, please visit [www.thereadingbear.ca](http://www.thereadingbear.ca). For more information, please follow us on [Instagram](#) and [Facebook](#).

