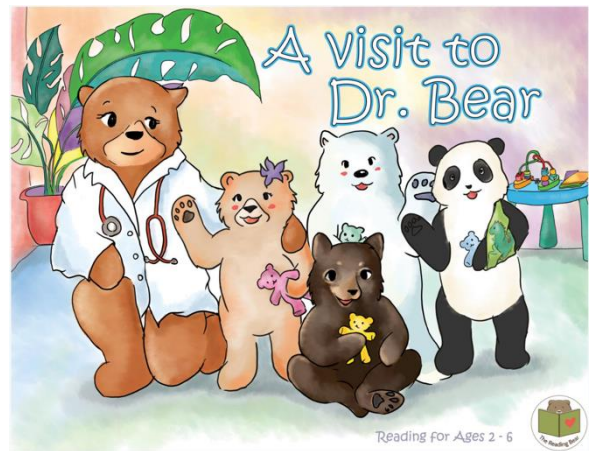




Dear Parents and Guardians,

Your child recently participated in *A Visit to Dr. Bear*, a learning experience designed for children to explore healthy living through facts, story time, and play.

Each visit includes 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 might experience at a doctor's office, such as a checkup, a vaccination, or listening to their heartbeat. For more information on vaccination and needle fear, please visit our [Vaccination Resources](#).



The story involves various bear species to emphasize the importance of cultural diversity. Children are encouraged to practice procedures on their own stuffed animals at home, work on proper hand washing technique, perform bear breathing, and feel their own heartbeat. We have provided a link to the printable version of the children's book, *A Visit to Dr. Bear*. We have created a [video reading](#) of the book, as well as an [instructional video](#) on proper handwashing technique and wearing a mask.

At the Reading Bear Society, we understand that parents want to raise healthy children and may seek out resources to help with this. As such, we have created information pamphlets, found on our [website](#), about emerging topics in healthy child development. We encourage you to take a look at the resource section of our website so you may add to your ever-growing toolbox of parenting skills.

Finally, *A Visit to Dr. Bear* and the resources provided are part of an ongoing development by medical students at the University of British Columbia in association with the Reading Bear Society. We would love to hear your feedback to guide our future efforts at www.thereadingbear.ca.

Sincerely,
The Team at the Reading Bear Society