



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

About the Reading Bear Society

The Reading Bear Society (RBS) is a non-profit organization 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 Virtual Visit to Dr. Bear?

A Virtual Visit to Dr. Bear is a 30-minute online 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, a medical student uses teddy bears to demonstrate procedures that children might 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 stuffed animals or themselves, perform mindful bear breathing, and listen to heart sounds. The visit ends with an interactive 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 handwashing 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 or email us at info@thereadingbear.ca. For more information, please follow us on [Instagram](#) and [Facebook](#).

