

A visit to Dr. Bear



Reading for Ages 3 - 5



Written by:

Amy Plessis, MD 2020

Illustrations by:

Jennifer X. Ji, MD/PhD 2023

Revisions by:

Paul Abraham, MD 2019

Cheryl Gascoyne, MD 2019

Bhavan Panghali, MD 2021

Eloise Moss, MD 2023

Reviewed by:

Joanne Roussy, RN, PhD

Janet Greenman, MD, FRCPC, FAAP

Christine Wang, MD

Lynn Miller, PhD, Lic. Psych (CO)

Yuki Namekawa, MD, PhD

Christine Voss, PhD

These materials were developed by UBC medical students as part of a faculty-supervised curricular project. These projects were created in collaboration with the Reading Bear Society (RBS) and its advisory board members.

This book was created pre-COVID-19.

Please see BC Centre for Disease Control for information on COVID-19

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-and-children>





Today little bears are waiting to see,
Doctor Bear. Here, let's meet these three!
This is Gia and here we have Sunny.
Last is Patches, holding arms with his Mummy.

Doctors use tools to check your heart, ears and knees.

An otoscope, thermometer, reflex hammer and more.

How many of these have you seen before?

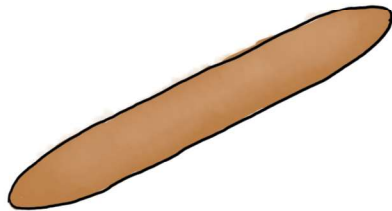
All of these will help to keep you healthy.



Stethoscope



Otoscope



Tongue Depressor



Reflex Hammer



Needle



Thermometer

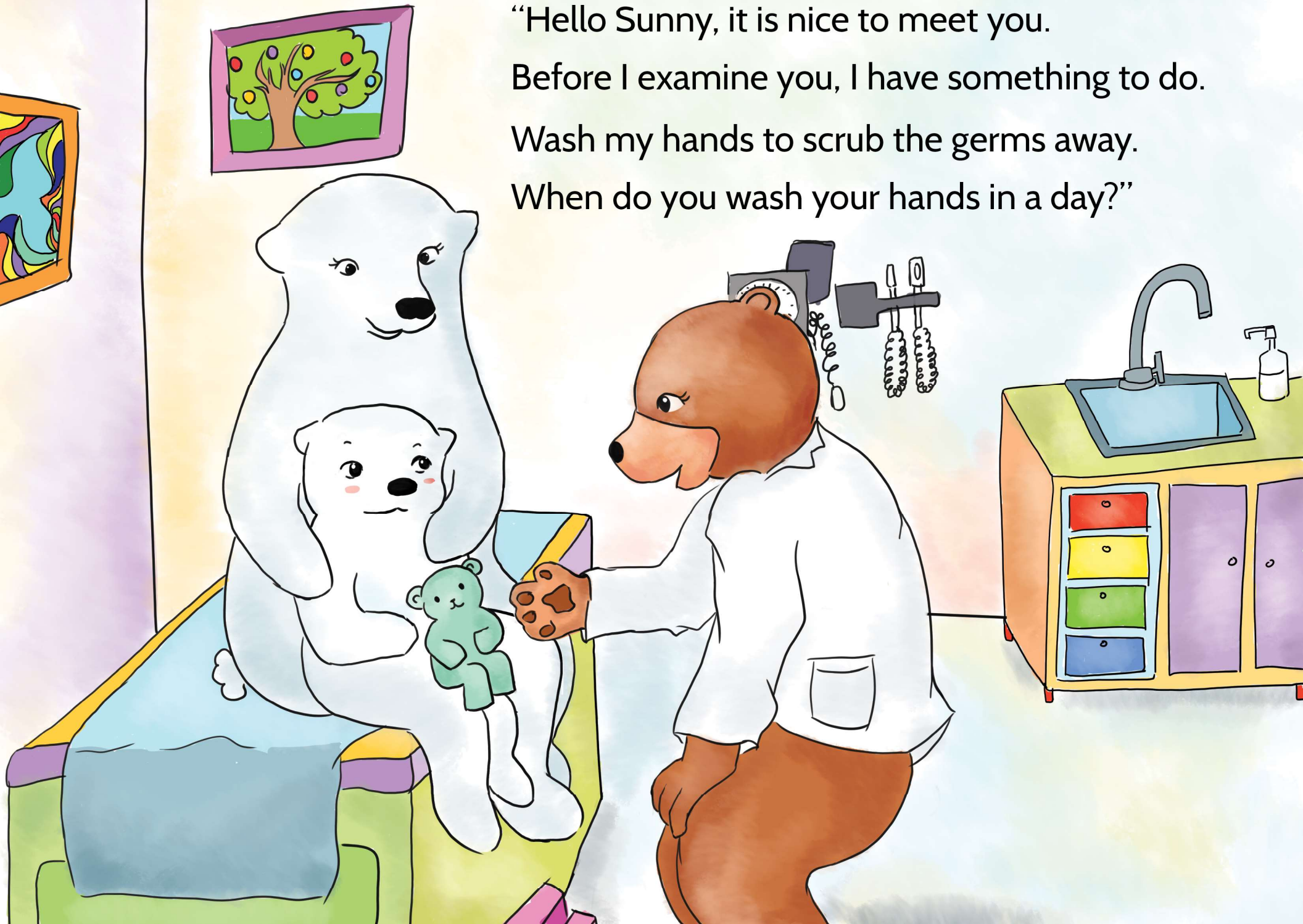


Soap



Sunny the spirit bear will be first through Doctor Bear's door.
She has a fever, and her ear is sore.

“Hello Sunny, it is nice to meet you.
Before I examine you, I have something to do.
Wash my hands to scrub the germs away.
When do you wash your hands in a day?”





Wash the top and bottom then in between.
The more the soap bubbles, the better it will clean.
Make sure to wash at least twenty seconds long.
I sing twice the "Happy Birthday," song.

“My otoscope will help me look inside your ear.
It is a little red, but no medicine needed here!
There are a few things that I suggest.
Stay home, drink water, and get plenty of rest!”



“Hello Doctor Bear, my name is Gia.
My throat is sore, and my voice sounds funny.”
“Well Gia, no need to lose hope.
I will listen to your chest with my stethoscope.”





Doctor Bear can listen to your heartbeat.
It makes a “lub-dub” noise, isn’t that neat?
Can you repeat these words after me?

Lub-dub, lub-dub,
lub-dub, lub-dub.

Gia's heart and lungs sound healthy and strong.

"With time, you will get better, there is nothing else wrong."

Remember when you cough or sneeze,

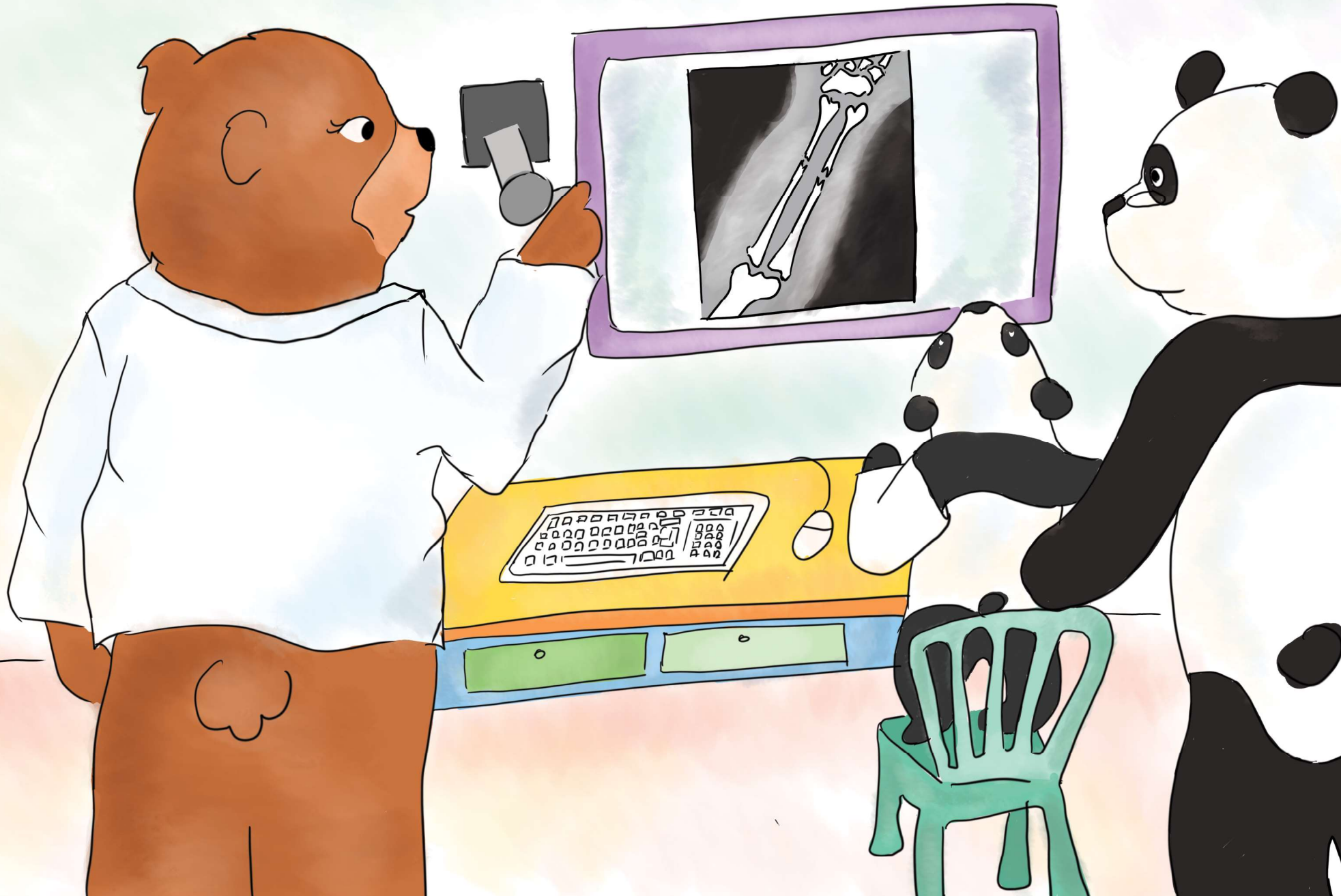
face into your elbow. Practice with me please!



Patches the panda fell from the monkey bars.
He landed wrong and hurt his arm.



“Let’s take a picture with the x-ray machine to see if your bones have a break in between.”



Patches the panda needs a cast for his arm to heal.
It will be on a few weeks and then better it will feel.



Benny the black bear has come for a shot.
“Why do I need it, Mom? It scares me a lot.”



“This shot helps you not get sick.
It will feel like a pinch but be over in a lick.
Let’s practice breathing, three in and three out.
It will help you feel better about fears or doubts.”



Let's breathe together, one, two, three.

Can you practice giving a shot to your teddy?



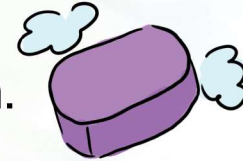
Doctor Bear has seen all the bears in the office.
Now it's your turn, grab your teddy and practice!





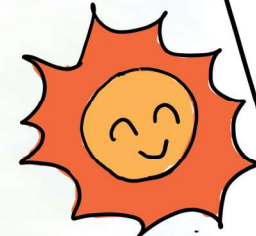
Dr. Bear's tips for staying healthy

Go outside to play, laugh and run.

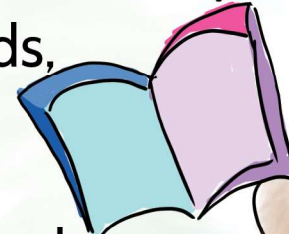


Wash your hands with soap.

Take deep bear breaths when you feel upset or afraid.



Read aloud everyday to friends, family or your teddy bear.



Drink plenty of water and eat lots of fruits and vegetables.



Get at least 10 hours of sleep each night.