When we do something new, let's talk about what we'll do.
Dear Family,

We’ve been talking about new experiences, in particular going to the doctor. The picture on this card is taken from a short video of DANIEL TIGER’S NEIGHBORHOOD: Daniel Visits the Doctor. After we learned about Daniel’s trip to the doctor, we learned a song about trying new things and played dress-up and pretend doctor.

Here’s an activity you can do to help your child prepare for a visit to the doctor.

Playing Doctor

Knowing what to expect and playing about it can help children better manage their concerns about doing something new. Even though they may have been going to the doctor since birth, there may come a time when going for a check-up can be upsetting. When children play about being the doctor, they’re the ones in charge. That makes it easier to manage when it’s their turn to be the patient.

Materials

• Stuffed animals or dolls
• Strips of cloth or tape for bandages
• Tongue depressors or popsicle sticks
• Ball point pen without the ink cartridge (for pretend shots)
• Pretend stethoscope: empty thread spool strung on yarn or old headphones with spool tied on the end
• An old white shirt for a medical smock

Directions

• Doctor play often happens with very little prompting. If needed, you could take the lead by examining dolls or stuffed animals.
• Let your child be the doctor while you are the patient. Ask for a bandage or even a shot.
• Talk honestly about what the doctor and nurse might do.
• In the video we watched, Daniel Tiger and his mom sing a song when Daniel tries something new. You and your child can sing the song, too.

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