



Be Well!



Mini Fact:

The American Dental Association recommends brushing twice a day and flossing daily.



The dentist will use tools to explore around your teeth, looking for weak places or cavities. Sometimes a small mirror is used to help look into hard-to-see places.

Is a visit to the doctor or dentist part of your back-to-school routine? You've probably been to the doctor and had your teeth cleaned at the dentist. Let's meet the people who help us take care of our health and find out about the tools they use.

Checking in

The first person you'll probably see in a doctor's or dentist's office is a **receptionist**. He or she is responsible for setting appointments, checking patients in, taking payments and filing reports about patients.

Meet a nurse

The next person you may meet is a **nurse**. He or she might:

- weigh you on a scale
- measure your height
- take your blood pressure

- listen to your heart
- ask you how you've been doing. Careful records will be kept for your file.

Nurses in **pediatrician*** (pee-dee-uh-TRISH-an) offices also take a lot of calls from parents about kids who are sick or injured.

If you need a shot, a nurse will probably be the one to give it. Shots are given with **vaccines** (vak-SEENS), or medicines to prevent disease, and sometimes when you are sick.

* A **pediatrician** is a doctor who treats children.



A nurse might take your temperature.



The doctor listens to your heart and lungs using a stethoscope.

Time for a checkup

If you're visiting for a checkup, the **doctor** looks you over to see if you're growing as you should be. Babies see the doctor many times during their first year or two. After that, kids usually have a checkup once a year.

The doctor may use special tools to look into your eyes, ears, nose and mouth. He or she may feel around your stomach and look at your back to make sure your spine is straight. You can talk with the doctor and your mom or dad about any problems you're having.

Take your medicine

If needed, the doctor may order medicine. Some medicines are given in a liquid that you take with a spoon. Older kids can swallow pills. A doctor may **prescribe**, or order, a shot, which is medicine given through a needle. Shots usually pinch just for a second, then the pain is over.

At the dentist

A **dentist** is a doctor who takes care of teeth, and a dentist's office can be similar to a doctor's office. You'll probably check in with a receptionist.

At a dental checkup, the dentist wants to make sure that your teeth and gums are healthy. But before the dentist examines you, a dental **hygienist** (high-JEE-nist) may clean your teeth using a scraper, an electric tool and flavored toothpaste. He or she may also floss between your teeth and take X-rays of your teeth and jawbones.

You'll sit in a special chair that leans back and wear a paper bib to protect your clothes from spatters.

Resources



On the Web:

- bit.ly/1FoDZiE
- bit.ly/1cOXas3

At the library:

- "What to Expect When You Go to the Dentist" by Heidi Murkoff
- "I'm Going to the Doctor?!" by Teri Case

Try 'n' Find

Words that remind us of doctor visits are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



BRUSH, CLEAN,
DENTIST, DOCTOR,
FLOSS, HYGIENIST,
MEASURE, MEDICINE,
MIRROR, NURSE,
OFFICE, PATIENT,
PEDIATRICIAN,
PRESCRIBE,
RECEPTIONIST,
STETHOSCOPE, VACCINE, WEIGH.

R E E P O C S O H T E T S E K
O N A E L C W Y O R N M D B M
T I J B V E G F S U E I U E R I E
C C W M I I F S I R N U Y R D
O C D G E I A T R T S P N C I
D A H N C E A O I H J V U S C
G V I E M P R S S O L F R E I
T S I N O I T P E C E R S R N
T X N A I C I R T A I D E P E

Cook's Corner

Baked Kale Chips With Sea Salt

You'll need:

- 1 bunch kale, rinsed and patted dry
- 2 teaspoons olive oil
- 1/2 teaspoon sea salt (preferably coarse)

What to do:

1. Preheat oven to 375 degrees.
2. Cut the kale leaves away from the stems and rip the leaves into bite-size pieces.
3. Place the kale in a large bowl. Add the olive oil and toss to coat the leaves.
4. Arrange kale on a large baking sheet in a single layer and sprinkle with sea salt.
5. Bake for 12 to 15 minutes, until the kale leaves are crisp and golden brown around the edges. Serves 4.

Adapted from "The Robin Takes 5 Cookbook for Busy Families" with permission from Andrews McMeel Publishing (andrewsmcmeel.com).



* You'll need an adult's help with this recipe.

Mini Jokes



Wendy: What did the lightbulb say to the switch?

William: "You really turn me on!"

Lucy: Have you heard about the doctor doll?

Lonnie: Yes! You wind it up and it operates on batteries!

Eco Note



Wild dogs have been released into Serengeti National Park in Africa. The dogs disappeared from the park more than 20 years ago because of hunting, disease and competition with other predators. Sixty dogs have been re-introduced there.

adapted with permission from Earthweek.com

For Later:

Look for news about children's health in your newspaper.

Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

Puzzling

Unscramble the words below that remind us of doctor and dentist visits.



itaetnp _____
rsodcre _____
enaxmie _____
oslto _____

Answers: patient, records, examine, tools

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