

Core Skills Analysis

Health and Wellness

- Holli learned about the experience and purpose of visiting a doctor, which can demystify medical visits and reduce anxiety.
- She likely observed or experienced aspects of health care such as communication, examination, or health check-ups.
- The activity introduces basic health concepts and encourages awareness of personal well-being and preventive care.
- Understanding the role of healthcare professionals fosters respect and encourages proactive health habits.

Social and Emotional Development

- Holli engaged in a real-world social interaction, which can help develop communication skills with adults outside the family.
- She may have practiced patience, following instructions, and expressing concerns or symptoms during the visit.
- Experiencing or observing a medical visit can build emotional resilience and trust in caregivers and professionals.
- This activity supports recognizing the importance of self-care and asking for help when needed.

Tips

Tips: To deepen Holli's understanding of health and wellness, encourage her to keep a simple health journal where she notes any questions or feelings about doctor visits. Role-play doctor-patient scenarios at home to build familiarity and comfort with medical conversations. Explore basic body anatomy using simple models or drawings to connect the idea of check-ups to body parts. Additionally, discuss the importance of hygiene, nutrition, and exercise as complementary health practices that doctors often encourage. These experiences collectively build confidence and positive attitudes toward healthcare.

Book Recommendations

- [Going to the Doctor](#) by Anne Civardi: A comforting picture book that explains what happens during a doctor's visit in simple terms for young children.
- [The Berenstain Bears Go to the Doctor](#) by Stan and Jan Berenstain: This classic story helps children understand the doctor's visit through the familiar bear family experience.
- [Your Body Belongs to You](#) by Cornelia Spelman: An empowering book about body awareness and safety, supporting children in understanding their rights during health visits.

Try This Next

- Create a simple checklist worksheet of questions to ask the doctor and items to bring for the next visit.
- Draw and label a body outline to show parts where doctors check during a visit, encouraging familiarity.