

Community Helpers Activities for Thursday

On the Move

A Trip to the Dentist

Help your teeth stay healthy and strong, just like the dentist.

Materials:

- Empty Ice Cube Tray or muffin tin
- Play Dough or small balls of paper
- String or dental floss
- Foam Soap
- Toothbrush

Instructions:

1. Flip an empty ice cube tray or muffin tin upside down and fill in the gaps with play dough or small balls of paper.
2. Instruct your child to “floss the teeth” by moving the string back and forth between each gap.
3. Then using foam soap and a toothbrush, have your toddler scrub the remaining debris from the teeth until they have a nice, clean smile.

Adventures Online

I want to be a Doctor

What does a doctor do? Learn all about it!

<https://www.youtube.com/watch?v=JxdrEFz9Jsw>

Sensory Time

The Doctor is in

Learn about a few of the supplies that doctors use with these fun sensory bottles.

Materials:

- Clean, dry, empty water/soda bottles with caps
- Cotton balls
- Adhesive bandages
- Cotton swab

Instructions:

1. Place cotton balls in one bottle
2. Place adhesive bandages in another bottle
3. Place cotton swabs in the last bottle
4. Ensure that the cap is tight and secure before giving to your child to explore.

Story Time

Write A Story

Have your toddler draw a picture of their doctor, then write a story about going to the doctor.

Materials:

- Blank paper
- Markers, crayons, pencils

Instructions:

1. Talk about your family’s medical provider. What’s their name? Where do you go to see them? What do they do there?

2. Ask your child to draw a picture of them and their office.
3. Ask your child to dictate a story about going to see them and what they do.
4. Read their story together.

Arts and Creativity

Make a Stethoscope!

Encourage your child to appreciate our health care workers with this fun craft and play!

Materials:

- Paper tube (paper towel or , or tightly rolled thick paper.
- Funnel or the top of a plastic water or soda bottle (cut it off about 2" from the top, trim edges to be smooth)
- Packing tape or duct tape



Instructions:

1. If using paper, roll the paper into a tube shape and seal with tape.
2. Carefully place the funnel or bottle top inside of the paper tube, with the wide opening facing out.
3. Seal in place with duct tape.

Encourage your child to listen to your heart. Talk to your child about how important doctors are, and how they help us stay healthy. Offer your child other items to pretend with if possible, Band-Aids, popsicle sticks, and encourage them to play doctor with their stuffed animals!