

Dear Parents:

Today we used some of these books, fingerplays, and other materials in our toddler and preschool storytimes. Please continue helping your child develop a love for books and reading by sharing these rhymes, books, and other activities with your child.



### Books To Share

*The Flea's Sneeze*

by Lynn Downey

*Bark, George*

by Jules Feiffer

*Barnyard Song*

by Rhonda Gowler Greene

*Tissue, Please!*

by Lisa Kopelke

*Don't You Feel Well, Sam?*

by Amy Hest

*I'm Not Feeling Well Today*

by Shirley Neitzel

*Llama Llama Home With Mama*

by Anna Dewdney

*I Know an Old Lady Who Swallowed a Fly*

by Glen Rounds

*"Stand Back," said the Elephant, "I'm Going to Sneeze!"*

by Patricia Thomas

*The Lady with the Alligator Purse*

by Nadine Bernard Westcott

*A Sick Day For Amos McGee*

by Philip C. Stead

*How Do Dinosaurs Get Well Soon?*

by Jane Yolen

# Get Well Soon



### Fun With Fingerplays and Songs

#### **Wash Your Hands**

(Tune: "Row, Row, Row Your Boat")

Wash, wash, wash your hands,

*(Pretend to wash your hands.)*

That's what we should do.

Wash your hands all nice and clean,

So you don't get the flu.

#### **Five Little Germs**

Five little germs, sitting in a row,

The first one said, "On hands, I like to grow."

The second one said, "I like to fly in the air."

The third one said, "I don't care."

The fourth one said, "I travel on a sneeze."

The fifth one said, "Wash your hands? Oh, please!"

Swish goes the water,

Bubble goes the soap,

And the five little germs,

down the drain they float.

#### **When You Have to Cough or Sneeze**

(Tune: "Mary Had a Little Lamb")

*Show children how to cough and/or sneeze into their elbows before singing.*

When you have to cough or sneeze,

cough or sneeze, cough or sneeze,

When you have to cough or sneeze,

use your elbow please!

Ah - ah - ah- Choo!



## Health Habits

Be sure to eat nutritious food  
to keep your body strong.

*(Pretend to eat.)*

Too much candy, junk, and pop  
Can do your body wrong.

Be sure to get a lot of sleep  
Each and every night.

*(Rest cheek on folded hands.)*

You'll feel good in the morning,  
When your nighttime's right.

Be sure to wash both your hands  
And use a lot of soap.

*(Pretend to wash hands.)*

Don't give cold and flu germs  
Any kind of hope.

## Doctors Make Us Well

(Tune: "The Farmer in the Dell")

The doctor makes us well.

The doctor makes us well.

Hey! Ho! What do you know?

The doctor makes us well.

## Going to the Doctor

(Tune: "For He's a Jolly Good Fellow")

We're going to the doctor,

We're going to the doctor,

We're going to the doctor,

Because we don't feel well.

Additional Verses:

We're stepping on the scale...

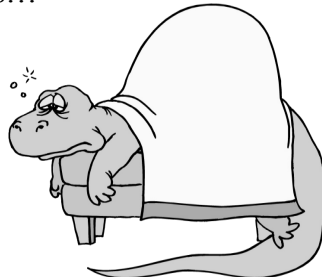
to see how much we weigh.

The doctor looks in our ears...

to see what she can see.

The doctor looks in our mouths...

and so we all say, "ah!"



## Other Fun Things

### Spreading Germs

Cover a ball with glitter, marker, or anything that may come off on your hands. Then play a game of toss with your child. Everyone should have the glitter or the substance you choose on his/her hands. Discuss with your child that the substance on his/her hands represents germs that can be passed around from one object. End your discussion by emphasizing the importance of washing your hands and then do so.

### Cover Your Mouth Please

Use a spray bottle with some water in it to show your child the difference between when you cover your sneeze or cough (spray your hand) and when you don't cover them up (spray them). Once every child has tried it, have them go wash their hands.

### Sneezing Faces

Have your child draw a face on a paper plate. Then trace one of your child's hands onto a piece of construction paper and cut it out. Glue the hand to the nose of the face with a tissue between the hand and the face.



### Every Child Ready to Read @ Your Library®

Learning to read begins before your child starts school.

Help your children develop early literacy skills now; this makes it easier for children to learn to read once they begin school.

Five of the best ways to help your child get ready to read are:

- Talking
- Singing
- Reading
- Writing
- Playing

If you would like more information, please ask the staff in the children's area.

*Every Child Ready to Read® is a project of the Association for Library Service to Children and the Public Library Association, divisions of the American Library Association.*

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**Old Town Library** ■ **Council Tree Library** ■ **Harmony Library**

201 Peterson

2733 Council Tree Avenue

4616 South Shields

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Front Range Community College  
and Poudre River Public Library District

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**221.6740**

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