



Little Health Co. The Little Health Letter

littlehealthco.com



Quick Tip for Families & Educators

Flu Shot Season Is Coming!

A few simple tips to help your child feel prepared:

- **Be honest.** Use simple, concrete language: "You will get a small poke in your arm."
- **Practice ahead of time.** Use a toy medical kit to practice on a stuffed animal. Let your child play out the experience and practice coping skills like deep breathing.
- **Choose a coping strategy.** Try sitting in your lap, watching a favorite show, singing a song, or taking deep breaths.
- **Give choices.** When possible, let your child choose which arm, where to sit, or what distraction to use.
- **Give them a job.** Remind them: "Your job is to keep your arm still while the healthcare provider does their job."
- **Praise specifically.** Instead of just "You were brave," try: "You took such good deep breaths during your poke!"

A little preparation can make a big difference!

From the Founder

Fall is just around the corner, and the start of a new school year is only a few weeks away! As you plan enrichment opportunities for your students, I hope you'll consider bringing a Teddy Bear Clinic to your school.

The benefits are astounding—helping children build confidence, learn coping skills, and feel more comfortable with healthcare through hands-on, playful learning.



Now Booking for Fall!

Little Health Co. is currently scheduling:

- Teddy Bear Clinics
- Little Health Explorers enrichment programs
 - School consulting

If your school, organization, or parent group is interested in hosting a program, we'd love to connect.

Reply to this email to learn more about availability.

FREE Little Health Co. Webinar

Join Little Health Co. for a FREE webinar to learn more about what we do and how child life strategies can help children feel more prepared, confident, and supported during healthcare experiences.

- Date & Time: **September 15th, 10AM**
- Sign-Up: <https://bit.ly/4y5XGLx>

We'd love to have you join us!

