



Little Health Co. The Little Health Letter

October 2026

littlehealthco.com



Quick Tip for Families & Educators

Kids often feel more confident during healthcare experiences when they know exactly what is expected of them. Instead of simply telling a child to "be good" or "hold still," give them a specific job: *"Your job is to keep your body as still as a statue."*

You can also give them small choices when possible—Which arm? Sit on your lap or in the chair? Watch or look away? These simple choices can help children feel more involved and give them a sense of control during an experience that may otherwise feel intimidating.

Program Spotlight: Teddy Bear Clinic at The School of the Cathedral

We had so much fun bringing the Teddy Bear Clinic to The School of the Cathedral last month!

Their students were preparing for an upcoming flu shot clinic, so we focused on helping children understand what to expect and practice coping strategies in a fun, low-pressure way. Through medical play, pretend pokes, and hands-on practice, students had the opportunity to build confidence before their real appointment.

A huge thank you to The School of the Cathedral for making preparation part of their students' healthcare experience!

From the Founder

One of my favorite parts of Little Health Co. is seeing a child go from "I don't want to!" to "I can do it!" Whether we're practicing a pretend poke, learning how a blood pressure cuff works, or talking about what to expect at the doctor, those little moments of confidence are exactly why I do what I do.

Thank you to all of the schools and families who continue to invite Little Health Co. into their communities. It means so much to me to be part of helping kids feel a little more prepared, confident, and in control when it comes to healthcare.



Now Booking for 2027!

Little Health Co. is currently scheduling:

- Teddy Bear Clinics
- Little Health Explorers enrichment programs
- Professional Development Sessions

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

Reply to this email to learn more about availability.

