

Parish Nursing at Vacation Bible School

Bicycle and Skate Board Safety

- Free materials and booklets are available at www.adph.org.
- Decorate the room with bikes, skateboards, helmets, pads, etc.
- Look for posters and coloring sheets on the web or at parent/teacher stores.

Safety Awareness

- How to be safe at home
- How to be safe at school
- How to be safe on the playground
- Good touch, bad touch
- Find free materials on the web
- Put take-home advice in a packet for parents
- Decorate the room with posters of happy, safe children playing; Use child friendly posters on wall
- Use a poster and ruler to measure height

Fearfully and Wonderfully Made

- Teach children how God created our different body parts to work together
- What to expect at the doctor's office
- What a fever means
- W pain means
- Have hands on learning opportunities for children to listen to their heart while you briefly tell how the heart works
- Explain why we protect our heads
- Explain why exercise is good and involve them in some fun and playful exercises
- Decorate the room with anatomical posters

Dental Health

- Teach good dental hygiene and why healthy teeth and gums are important
- Contact toothpaste companies for videos, toothbrushes, paste, floss
- Invite a dental hygienist to speak
- Explain what happens at the dentist office
- Give each child a zip-lock with dental products
- Decorate the room with dental posters.

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The Invisible World of Germs

- Provide a hands-on learning experience to teach hand-washing – check out www.henrythehand.com.
- Explain how to prevent the spread of germs
- You can get materials from doctor's offices, the Health Departments, and the Center for Disease Control
- Decorate the room with posters from school supply stores

First Aid for Children

- Teach children how to do their own First Aid
- Include topics like: All about bruises, burns, stings, sprains and other ouches.
- *The KID'S Guide to First Aid* by Karen Buhler Gale, RN, ISBN 1-885593-58-9 is an excellent resource