

Elmo's Healthy Team!

Discuss how a "healthy team" can help kids play, learn, and grow!

Many kids have fears about going to the doctor. A coloring page and some conversation can help prepare them to interact with their whole healthy team. Before visiting the doctor, invite kids to color this page and discuss what to expect during the visit. Who is on your child's healthy team? (doctors, nurses, office staff, you, other family members—and herself, of course!).

