



Safe Child, Happy Parent – When I Get Sick

ab 5 years

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Have you ever been sick?

When I Get Sick provides parents, grandparents, teachers, and caregivers the opportunity to speak with children about this important topic, illnesses, their consequences and, most importantly, how to deal with them.

Do you know someone who has been sick for a long time? How do you take care of yourself when you're feeling ill? How can you get healthy again? How can you avoid getting sick in the first place?

When I Get Sick realistically addresses both infectious and chronic diseases, from the common cold to cancer. The children in this book discuss their different experiences with being sick so that every reader can find themselves on these pages. Children will learn about germs, viruses versus bacterial infections, and contagious versus noncontagious illnesses and issues. They'll see children attend doctor's appointments, experience blood tests and imaging, and even spend time in the hospital for surgeries. Preventative techniques such as handwashing, a healthy diet and exercise, and vaccinations are also discussed in detail.

The perfect tool to teach children about infectious, chronic, and mental illnesses they may be experiencing firsthand. Everything from ear aches, coughs and colds, tummy aches, chicken pox, the flu, diabetes, cancer, neurodermatitis, heart defects and asthma, to allergies, broken bones, and mental illnesses is discussed in this thoughtful and sensitive book.

- An **important issue** for children, parents and educators
- Perfect opportunity for adults to talk to children about diseases, treatments, prevention
- About **the importance of taking care of mind and body.**
- Offers **support** in all conceivable situations