



Stony Brook  
Children's

# Teddy Bear Clinic

Trauma (or injury) is the leading cause of death for children 1-17 years. But trauma (injury) is something that we can prevent. Kids are sponges, so this is the perfect time to help them learn all the ways they can explore and still be safe. **Accidents happen, but most injuries are preventable.**

Our "Teddy Bear Clinic" is a free injury prevention program for children sponsored by the Trauma Center at Stony Brook Children's Hospital (SBC). Each class program runs about 40 minutes; 20 minutes for safety education and 20 minutes for Teddy Bear Clinic. We cover safety topics on car and helmet safety in a fun and interactive way before letting the children dress up as doctors and nurses and "take care" of their injured stuffed animals.



To help the children remember our important safety messages, we encourage them to answer our 4 very special questions repeatedly during the presentation:

1. Whose job is it to keep you safe? (ourselves!)
2. What's the first thing we do when we get in the car? (buckle up!)
3. Where's the safest place for kids to sit in the car? (in the back!)
4. How do we protect our brains? (wear a helmet!)

To send our important safety messages home to the parents, we have also created a letter to go home with the students. This letter details the safety tips we discussed in class and explains where they can go for more information or questions. Our staff brings all the supplies and handouts the day of the program.

## Schools

To run our programs successfully, we ask the schools to assist in the following ways:

1. Send a letter (sample on next page) home to parents asking them to send their child to school with a stuffed animal on the day of the clinic
2. Schedule parent volunteers, typically 3-5 parents/class, to assist students during the teddy bear clinic portion of the program.
3. Have pencils available for each student to complete a simple/fun worksheet about their stuffed animal's care during the program

We look forward to hosting a Teddy Bear Clinic at your school in the near future.

For further information, please contact:

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<http://trauma.stonybrookmedicine.edu/injury-prevention>

Last Updated January 2018



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## Stony Brook Children's Hospital Teddy Bear Clinic

Dear Parent,

On \_\_\_\_\_, your child's class will be taking part in a "Teddy Bear Clinic".

The "Teddy Bear Clinic" is a free injury prevention program for Kindergartners sponsored by the Trauma Center at Stony Brook Children's Hospital. Each class program runs about 40 minutes; 20 minutes for safety education and 20 minutes for Teddy Bear Clinic. We cover safety topics on car and helmet safety in a fun and interactive way before letting the children dress up as doctors and nurses to "take care" of their injured stuffed animals.

To prepare for the Teddy Bear Clinic, we ask that you:

**Send your child to school this day with a stuffed animal.** Choose a toy that they won't mind placing band aids on. While we have adults in the room helping to apply the medical tape, the students are very excited to take care of their stuffed animals and they may place a band aid on a furry area that could be difficult to remove at a later time.

**Volunteer as a Parent Helper.** During the Teddy Bear Clinic portion of the program, we will need some extra adult hands to help the students "take care" of their stuffed animals. This is a very fun program and the students love having parents come in to help.

To volunteer as a parent helper, please contact: \_\_\_\_\_

Thank you for your support.

Sincerely,

Class Information \_\_\_\_\_