

# The Singing Nurse

*Nurturing Body, Mind and Spirit*

- 1) **Rubba Dub Dub**-Hand Washing
- 2) **I'm Gonna Brush My Teeth**-Dental Hygiene
- 3) **The Dentist Is A Good Guy**-Dentist Visit
- 4) **Don't Spread Your Germs Around**-Flu Prevention
- 5) **The Tick Song**-Lyme Disease Prevention
- 6) **The Audiologist**-Audiologist Visit
- 7) **Just Like The Ocean Sands**-You are Special
- 8) **Babies Are Beautiful**-Body Parts/Kindness
- 9) **TSN Health Lesson Resource Section**

Teaching children that they are special and that they need to take special care of themselves is very important to their well being.

**The Singing Nurse's** (TSN) lively songs and simple lesson plans are helpful tools for parents, teachers, and healthcare providers to educate young children in a fun and engaging way. Children love music and motion, which creates an atmosphere of positive learning while you, the educator, teach the simple health lessons in the songs.

Check out [www.TheSingingNurse.com](http://www.TheSingingNurse.com) website for resources and other products.

Many of **The Singing Nurse** songs were inspired while working in the Early Childhood Program of Head Start as a nurse.

**Rubba Dub Dub:** Sing this song with your child or at the beginning of the school year to help kids get on track with proper hand washing techniques.

**I'm Gonna Brush My Teeth:** Tooth brushing is part of everyone's day and may be part of your program, so use this tune to remind the children to brush their teeth and tongue everyday.

**The Dentist is a Good Guy:** Opening your mouth to a complete stranger is difficult for preschoolers and young children, so sing this song a few days before the dentist comes to visit your school or before you take your child to the dentist, it will instruct the children to "open your mouth, say ah".

**Don't Spread Your Germs Around:** Sing this song at the beginning of the year and many times throughout the cold and flu season. It reminds the children to cough or sneeze into your shoulder and to wash your hands if you forget.

**The Tick Song:** This song teaches children 3 different tick borne disease names. Ehrlichiosis, Babesiosis and Lyme disease can be serious. The song teaches prevention tips like, "In your socks tuck your pants", and "when coming inside, check your body every time".

**The Audiologist:** This song helps children to understanding "when you hear a little beep, raise your hand up high". Reviewing this little song a few times before your child sees the Audiologist will help alleviate your child's fear.

**Just Like the Ocean Sands:** This song is an expression of Psalm 139:1-18 how God knows all about us and has so many thoughts of us that we cannot count them. You will sing about birds flying, fish swimming, cheetahs running, moles hiding and how you were made.

**Babies are Beautiful:** This song lets the little ones know that they are very special, even "when they grow inside their mama's tum." It's a great song for naming body parts and learning to be gentle and kind.

**Bonus Track: Don't You Copy Me:** The message is, "Please don't copy this CD", instead, purchase more copies for your friends and family.

**Contents of TSN Health Unit:**

- \* **"The Singing Nurse, Nurturing, Body, Mind and Spirit"** CD
- \* Health Lessons to each of TSN songs
- \* Pictures of: germs, ticks, fruit, veggies, candy, etc.
- \* Send home info sheets on: What we learned in class today!
- \* Song lyric sheets with motions
- \* Ask TSN questions by going to [www.TheSingingNurse.com](http://www.TheSingingNurse.com)

**Things you will need to complete TSN materials list:**

- \* spray bottle and bottle of bubbles
- \* crayons, markers, color pencils, glue, scissors
- \* green tissue paper, green construction paper, hole punch
- \* magazine pictures of fruits and vegetables, candy, soda, a dentist, toothpaste, toothbrush
- \* CD Player
- \* access to color copy machine
- \* large teeth model and large toothbrush, a small flashlight
- \* tick suit-see Option 1 of "The Tick Song" for description
- \* baby bonnet and large diaper made from sheet or cloth
- \* pictures of the tools of an Audiologist (the internet or library)
- \* pictures of the tools or book about going to the dentist
- \* tick disease prevention pictures (internet or library)
- \* Letters that spell: Ehrlichiosis, Babesiosis, Lyme, ABC letter color sheets (see resource section p.R-19)
- \* digital camera

**Companion Project:** Create an ABC Health Book as you go through the lessons. Take pictures of your children doing the very things you are teaching them. Add the appropriate letters and health phrases A-Z. This is great reinforcement, your kids will love finding and looking at themselves in action.