Poppy Visits Dr. Tillywell

A gentle activity pack for ages 2–6



A checkup. A quick shot.
And lots of little ways to help.

This pack belongs to:

Collyvale

A little place for big feelings.

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For grown-ups

Read, play and color together. There is no right way to feel.

Go at your child's pace

Use one page at a time. Let them point, talk or color. Stop when they have had enough.

Tell them shortly before

Use simple words close to the visit. Give enough time to ask questions, without a long wait.

Be honest

Say: “It might feel like a quick scratch, then it’s done.” Their arm may feel sore afterwards.

Stay calm and close

Use a gentle voice. Bring a comfort toy. Tell the team what helps your child.

Praise trying

Try: “You told me how you felt,” or “You tried your blowing.” Tears and worries are OK too.

Make it their visit

Offer small choices, such as which toy to bring. A checkup and vaccination may happen at separate visits. Ask the team what to expect.

Helpful reading: search “vaccine tips” at HealthyChildren.org (from the American Academy of Pediatrics).

Collyvale is a storybook world, not medical advice. For questions about vaccinations or your child’s health, talk to your pediatrician or your child’s nurse, or visit healthychildren.org.

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Getting ready

A grown-up’s checklist

- [ ] Tell my child what will happen, shortly before
- [ ] Choose a comfort toy together
- [ ] Dress them in a shirt with easy-to-roll-up sleeves
- [ ] Pack a drink and a small snack
- [ ] Practice the brave plan (page 9)
- [ ] Bring this pack and the waiting-room card
- [ ] Tell the nurse or doctor what helps my child



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Poppy arrives

Story part 1 • Read together



Poppy comes to the doctor’s office with Mom and Bunny.
They wait in a room with toys.
Poppy builds a little tower.



“Poppy?” calls Nurse Nuzzle.
Poppy takes Mom’s hand. In they go.

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Poppy's checkup

Story part 2 • Read together



Dr. Tillywell listens to Poppy's heart.
"Thump, thump!"
She uses a little light to look in her ears.



Poppy sits on Mom's lap.
Nurse Nuzzle says,
"It might feel like a quick scratch, then it's done."
Poppy hugs Bunny. A quick shot.



All done.
A bandage. A sticker. A cuddle.
"You tried," says Mom.
Poppy can feel proud, even if she cried.

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Can you spot?

Waiting room card

Cut out a card to take with you. Waiting can be the hardest part.

Can you spot?

- ☐ a chair
- ☐ a toy
- ☐ a poster
- ☐ a door
- ☐ a clock
- ☐ a plant
- ☐ something blue
- ☐ someone smiling

Collyvale

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What might happen?

Point to each picture. Check what you talk about or see. Visits can be different.



☐ Waiting room



☐ Name called



☐ A grown-up’s lap



☐ Stethoscope



☐ Ear light



☐ Shot
A quick moment, with help



☐ Bandage



☐ Sticker

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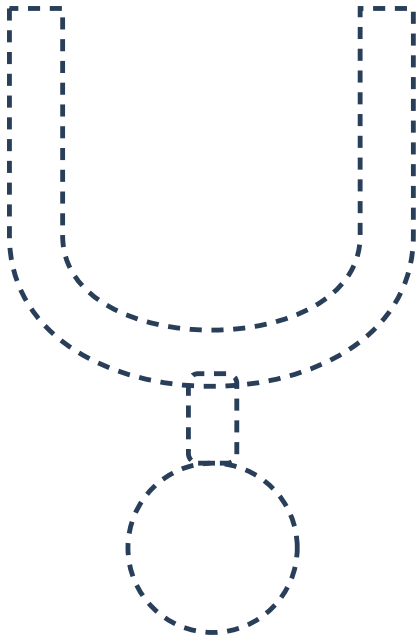
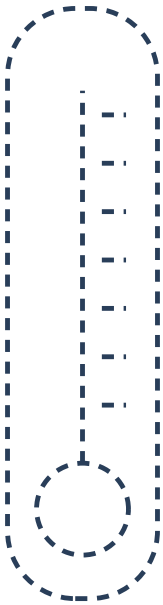
Play doctor

Ask a grown-up to cut out the tools. Use them to look after Teddy.

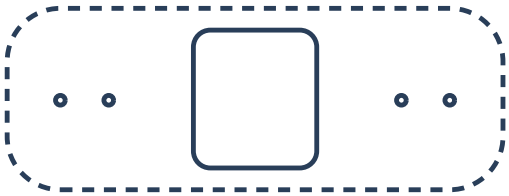
Paper tools for pretend play only. Use your stethoscope on Teddy.
Ask: “How do you feel?” Listen. Check. Give a cuddle.

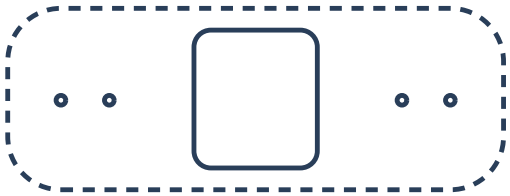


Stethoscope



Thermometer





Pretend bandages

Try: “May I listen to your heart, Teddy?”
“Here is your pretend bandage.”

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My brave plan

What helps me? Choose and color. I can ask for help.



☐ Hold a hand



☐ Squeeze a toy



☐ Count to five



☐ Look at a picture



☐ Blow out pretend birthday candles

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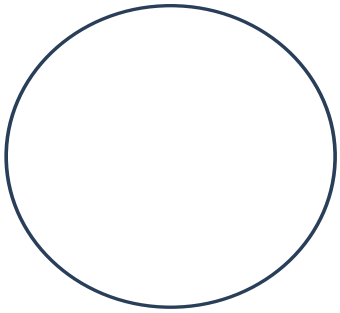
My feelings faces

Draw or color a face in each box. All feelings are welcome.

Happy, worried, sad, mad, calm... or a mixture!

Before



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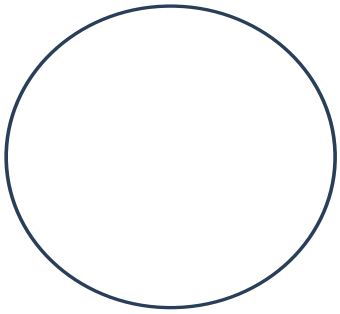
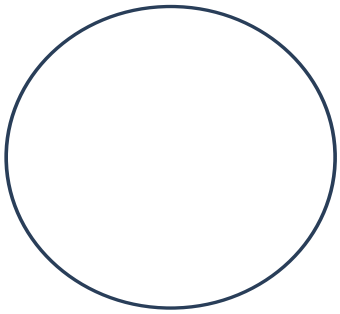


After



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My Brave Certificate

Every little try counts.



This celebrates

Child’s name

You tried something new.
You can feel proud of your little steps.

Today I...

- ☐  Took a big breath
- ☐  Held a hand
- ☐  Told someone how I felt
- ☐  Had a cuddle
- ☐  Tried something new

It is OK to feel worried. It is OK to cry.
You can always ask for help.

Date: _____

Dr. Tillywell
Your Collyvale doctor

Nurse Nuzzle
Your Collyvale nurse

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Poppy's proud sticker

Color Poppy. What would you put on your own sticker?



My sticker:

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