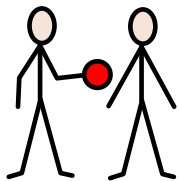


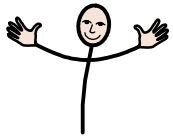
Your Health



Your

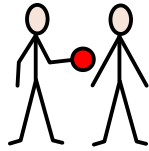


Health



Welcome

to the



Your



Health

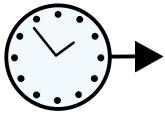


book.

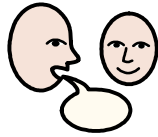


This

book



will



tell

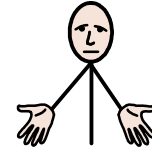
you

the



things

you

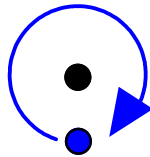


need

to



know



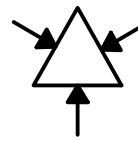
about

your



health

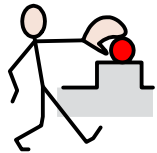
and



how

you

can



get



help

if

you

are



ill.

If

you

have



any

questions

just



ask

your

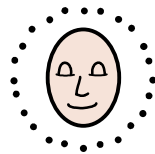
Social Worker

or

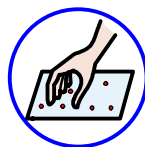
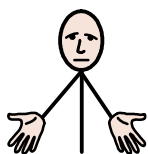


someone

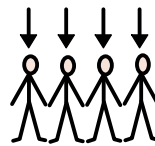
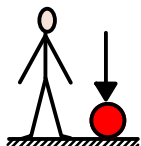
you



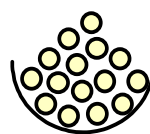
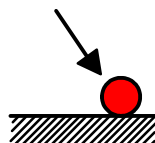
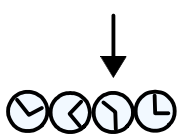
trust.



You need to eat the right things and



exercise to stay happy and healthy. Everyone



feels poorly sometimes and there are lots of



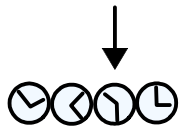
people to look after you. Who do you know



who would look after you when you are



poorly ?



Sometimes



when

you



are



ill

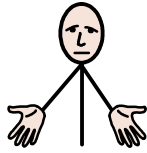
you



might



just



need

some



medicine

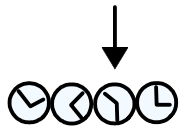
from

the



chemist,

or

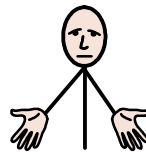


sometimes

you



may



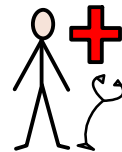
need

to



visit

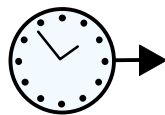
your



doctor

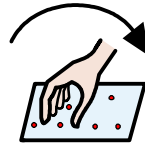


who



will

then



try

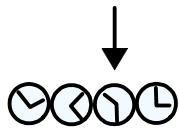


to make

you



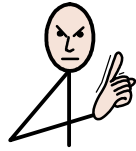
better.



Sometimes



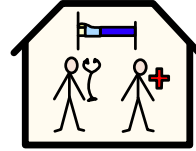
people



have to

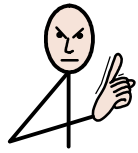


go to



hospital.

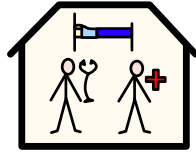
If you



have to

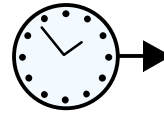


go to



hospital

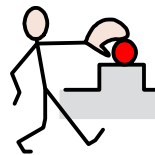
they



will



help



get

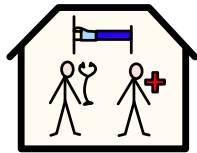


better.



What do you think

your



hospital



looks like?



At

school



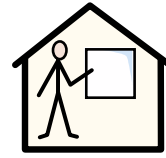
you

might

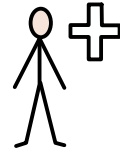


have

a



School



Nurse



who

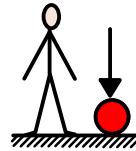
can



help

you

to



stay



happy

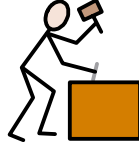
and



healthy.



What

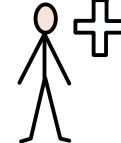


does

your



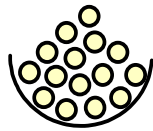
School



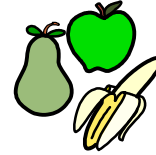
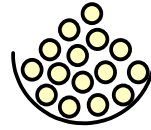
Nurse



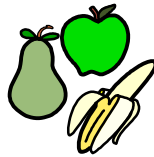
look like?



There are lots of things you can do to



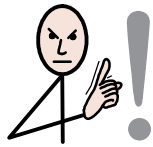
stay healthy, like eating lots of fruit and



vegetables. What fruit do you like to



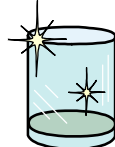
eat?



It is important to



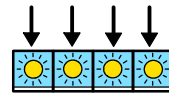
keep



clean.



Wash

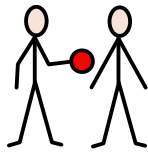


everyday

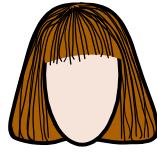


and

keep



your

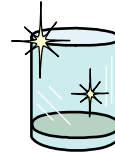


hair

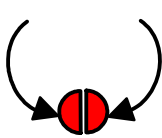
and



nails



clean.



Make

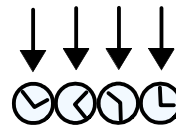


sure

you

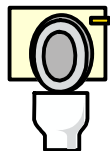


wash your hands



every time

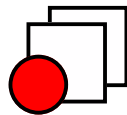
you



use the

toilet

and



before

you

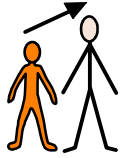


have

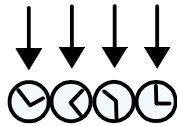
a



meal.



Growing Up:



You're

not

always

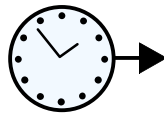
going

to

be

a

child



and

one day

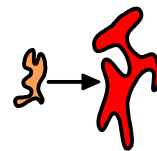
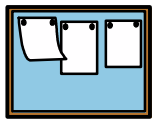
you

will

grow up.

You

may



notice

some

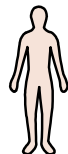
changes

like

you

are

becoming



taller.

As

your

body

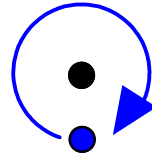
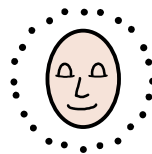
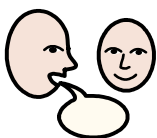
and

things

change

you

can



talk to

someone

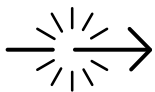
you

trust

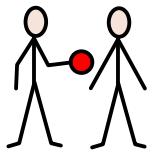
about

what

is



happening.



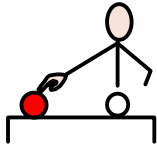
Your



Health



Assessment:



So

that

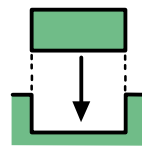
you



know

you

are



fit

and



healthy,

you



will



go

and



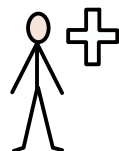
see

a

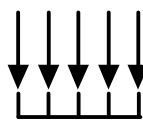


doctor

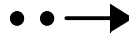
or



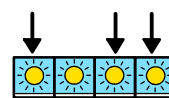
nurse



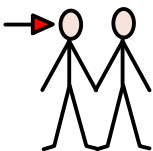
every



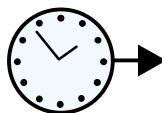
so



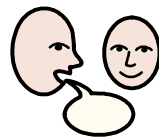
often.



They



will



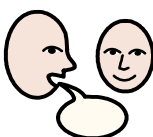
talk to

you,

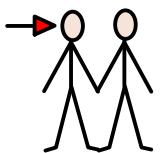
and

you

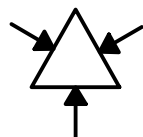
can



tell



them



how

you

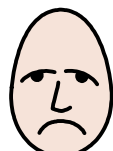
are



feeling

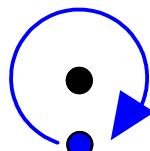
and

if

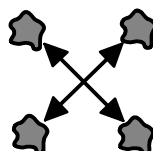


you are

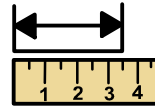
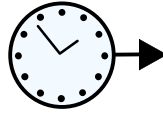
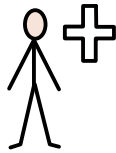
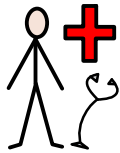
sad



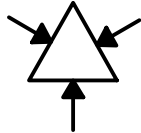
about



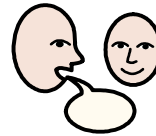
anything.



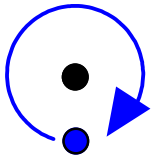
The Doctor or Nurse will also measure you



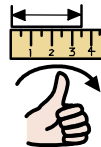
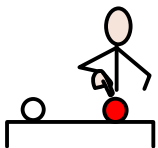
to see how tall you are and also



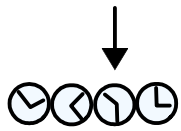
weigh you, and they may talk to you



about what you eat.



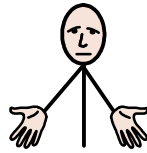
This is called a "Health Assessment."



Sometimes



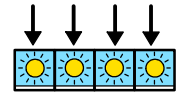
you



may



need



help

with

daily



living.



At

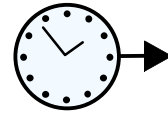


home

an



Occupational Therapist



will



visit

you

and

the



people

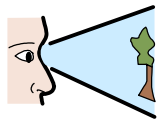
you



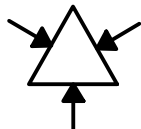
live

with

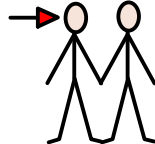
to



see



how



they

can



help

you.



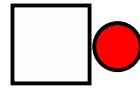
They

may

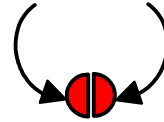


help

you



by



making

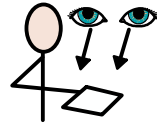


changes



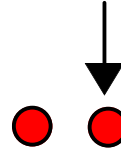
to your

house,



showing

you



another



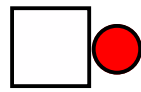
way

to do



something

or



by

trying



special



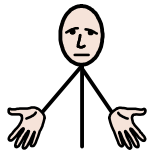
equipment.



Things



I

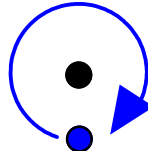


need

to



know



about



my



health:



Do

you



have



any

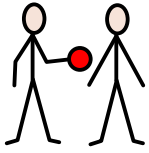


questions

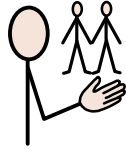
you

can

ask



your



social worker?

