

Theme: The Reading Bear

Date: May 11, 2021

Hello StrongStart friends,

Today's email is put together by Ms. Karolina (from Thunderbird).



The Reading Bear Society (RBS) is a not-for-profit initiative that promotes early literacy and healthy living for families with young children. To accomplish its mission, RBS uses teddy bears to connect with children! Some families may have attended a StrongStart where the Reading Bear volunteers have visited. Whether children are reading with their bears at night, breathing with their bears through some intense feelings or bringing their teddies to the doctor for some comfort, teddy bears are great companions for children 😊 In addition, RBS has created a resource page for parents (<https://thereadingbear.ca/resources-for-parents>) on topics such as understanding dyslexia, screen time and healthy eating and nutrition.

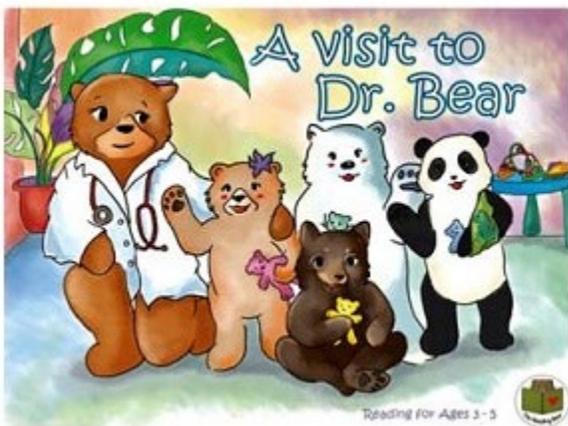


One of the programs under RBS is the Dr. Bear program. It was developed to help children learn about healthy lifestyle choices through body facts, story time and play. It introduces children to common reasons why they would need to visit a doctor (e.g., illness or immunizations). Through stories, medical students use teddy bears to demonstrate some procedures children

might experience at the doctor's office. Check out this short video created by a medical student from UBC on when and how to properly wash your hands and wear a mask
- <https://youtu.be/8liueug6Dls>



Sometimes, going to the doctor's office can be a scary experience! There are new sounds, new sights and even new smells. The next story helps young children prepare for a doctor's visit. In this story, we learn about some of the tools doctors might use to check us. Let's listen to a story called "A Visit to Dr. Bear" read by Eloise, the medical student from UBC
- <https://youtu.be/DtOmsS6ZH7c>



To finish up this email, let's sing a song called "Little Bear" (to the tune of "Frere Jacques").

*Are you eating,
Are you eating,
Little Bear? Little Bear?
Eating nuts and berries,*

*For the long hard winter.
Little Bear, Little Bear.*

*Are you sleeping,
Are you sleeping,
Little Bear? Little Bear?
Sleeping through the winter,
You are hibernating.
Little Bear, Little Bear.*

*Are you waking,
Are you waking,
Little Bear? Little Bear?
Now that it is spring time,
Sleeping time is over.
Little Bear, Little Bear.*



For more information about the Reading Bear Society, visit <https://thereadingbear.ca/>.

Vancouver Public Library has Facebook Live Storytimes, Babytime and Toddlertime on Zoom and Virtual Storytime on YouTube.

- Zoom Storytimes: <https://vpl.bibliocommons.com/events/search/index>
- Facebook: <https://www.facebook.com/groups/VPLKidsGroup/permalink/305851480553261/>
- YouTube: www.youtube.com/user/vancouverlibrary

