

When I'm Not Well



Sometimes our body gets poorly.
Think about when you've been ill.
What helped you to get better?

Ask the other people in your
house what helps them
if they're poorly.

When I
feel poorly
it helps if I ...

Write or draw
about what
you've found
out.

People in my family say
it helps if I ...



Sometimes our bodies can get
better all by themselves.
Remember to always get a
grown-up to help with medicines.

P Discuss with your child ways to help the
body get better, for example, sleeping,
exercise, healthy food, drink of water,
cold flannel, warm bath, relaxing, etc.

Talk about medicines and explain that they can
be helpful but can also be harmful. Discuss
when someone might need a medicine and who
should help them take it. Ask your child to think
about where is a safe place to store medicines.
You might like to show them a medicine packet
and read the instructions together to help your
discussion. Make sure your child understands
that they don't always need to have a medicine
to get better.

Medicines can sometimes help.
They can be dangerous too, though.
Share what you know about medicines: