

COLDS, ALLERGIES, ASTHMA AND OTHER COMMON CHILDHOOD HEALTH CONCERNS

Bateman, T. Farm Flu. When the farm animals seem to catch the flu one after another, a young boy does his best to take care of them. jP Bateman

Berger, M. Germs Make Me Sick! Explains how bacteria and viruses affect the human body and how the body fights them. j 616.92 B496

Brazelton, T. Going to the Doctor. A pediatrician tells what happens when a child goes to the doctor for a check-up, with explanations of the instruments and procedures that will be encountered. j 618.92 B827

Breznak, I. Sneezy Louise. When Louise wakes up with itchy eyes, a wheezy throat, and a sneezy nose, she just knows it is not going to be a very good day. jP Breznak

Brown, M. Arthur's Chicken Pox. Arthur has chicken pox. When the "polka dots" threaten to keep him from the circus, neither Grandma Thora's treats, get-well cards from his class, nor all the cherry cough drops in the world can console him. jP Brown

Brown, M. Arthur's Eyes. Arthur has trouble seeing, so he has to get glasses. When he gets teased he quits wearing the glasses, which makes his problem even worse. Finally Arthur's teacher shows him how to be proud of his glasses. jP Brown

Collins, R. Germs. Pox, a young germ on his first assignment, not only refuses to infect a girl with chicken pox, he also helps defend her from other germs and, for his heroism, is made Honorary Chief of the Immune System. jP Collins

Harrison, T. Aaron's Awful Allergies. Aaron loves animals more than anything else in the world. But when he is diagnosed with allergies, the doctor tells him that his pets -- a dog, a cat, six kittens and six guinea pigs -- have got to go. After Aaron reluctantly finds each pet a new home, he discovers other ways to make animals a part of his life. j PAR PIC Harrison

Headley, J. The Patch. At first upset about having to wear glasses and an eye patch to correct her lazy eye, five-year-old Becca soon discovers that her new accessories allow her to take on such roles as a ballerina-pirate and a private eye. j PAR PIC Headley

Hest, A. Don't You Feel Well, Sam? When Sam has a cough, Mrs. Bear tends to him all through the cold night. jP Hest

Kelley, T. I've Got Chicken Pox. Jess describes the ups and downs of staying home from school with chicken pox, from the books, games, toys, and unlimited ice cream and ginger ale, to the horrible spots, the boredom, and the itching. j PAR PIC Kelley

Klein, A. Max Goes to the Dentist. Max visits the dentist to have his teeth checked and cleaned. jE Klein

Koster, G. The Peanut-Free Café. When a new classmate has a peanut allergy and has to sit in a special area of the lunchroom, Simon reconsiders his love for peanut butter.

j PAR PIC Koster

Kroll, V. Brianna Breathes Easy. Brianna gets the lead in the Thanksgiving school play—she'll be Hero the Hen!. Brianna loves practicing her leaping and flapping. But at the dress rehearsal, she has a bad coughing attack and feels a tightness in her chest. The teacher calls 911 and the paramedics take Brianna to the hospital. There, Dr. Anderson diagnoses Brianna with asthma. Brianna begins to learn about her disease and how to manage it. Things are soon under control, and she's back on stage for her debut! j 616.238 Kroll

Little, J. Emma's Strange Pet. Emma is allergic to animals with fur, but because she and her adopted brother really want a pet, they decide to try a lizard. jE Little

London, J. Froggy Goes to the Doctor. Froggy isn't looking forward to his check-up because he might get a shot but when it's over and he's pronounced a very healthy frog, Dr. Mugwort is the one who dreads Froggy's next visit. jP London

London, J. The Lion Who Had Asthma. Sean's nebulizer mask and his imagination aid in his recovery following an asthma attack. j PAR PIC London

Maccarone, G. Itchy, Itchy Chicken Pox. Peppy rhymes present the humorous side to a common ailment. jE Maccarone

Matthie, J. Peter, the Knight With Asthma. When he begins to cough and wheeze while pretending he is a knight slaying dragons, Peter is taken to the doctor and learns he has asthma and what he can do to control its symptoms. j PAR PIC Matthie

Naylor, P. Jennifer Jean, the Cross-Eyed Queen. Jennifer Jean has beautiful green eyes, but when she begins to squint and tilt her head to look at things, her parents notice that her eyes have crossed. Her friends tease her, calling her "Jennifer Jean, Cross-eyed Queen." The doctor then gives her a patch and sparkling green glasses. At first, they make everything blurry, but after a while she gets used to them. When she no longer needs to wear the patch, she is given special eye exercises to do. Finally, she goes off to kindergarten with perfectly straight eyes.

j PAR PIC Naylor

Redmond, E.S. Felicity Floo Visits the Zoo. Why are the hyenas crying boo-hoo? And what gave the rhino a sickly green hue? It starts when Felicity Floo wipes her red, runny nose and transfers the goo ... a cautionary tale about the virtues of clean hands and tissues.

jP Redmond

Schuh, M. At the Dentist. Simple text, photographs, and diagrams present information about going to the dentist and how to take care of teeth properly. j 671.6 S

Simon, C. The Good Bad Day. Pam is sick and having a very bad day until her parents and her friend help to cheer her up. jE Simon

Smith, L. Glasses: Who Needs 'Em? A boy is unhappy about having to wear glasses, until his doctor provides an imaginative list of well-adjusted eyeglass wearers. jP Smith

Thomas, P. I Think I Am Going To Sneeze: A First Look At Allergies. This story reassures kids who suffer from allergies, letting them know that they aren't alone. They learn the value of avoiding contact with certain materials and staying away from certain foods that trigger allergic reactions in their bodies. Most important, they learn that allergies can be coped with and their effects minimized. j 616.97 Thomas

Van Laan, N. Nit-Pickin'. Nancy Children who have experienced an invasion of nits will readily empathize with the dilemma facing the red-haired protagonist in this rollicking look at a lice infestation and the drastic steps one family takes to remove the bugs. j PAR PIC Van Laan

Verdick, E. Germs Are Not For Sharing. Describes what germs are and what they can do. j PAR PIC Verdick

Wells, R. Felix Feels Better. Felix feels bad and does not want to eat or play, so his mother takes him to Doctor Duck, who makes everything better. jP Wells

Wells, R. The Germ Busters. When Yoko and her classmates become sick, Mrs. Jenkins comes up with a great idea to identify who might be responsible for spreading germs. jE Wells

Whybrow, I. Harry and the Dinosaurs Say "Raahh!" A young boy takes his toy dinosaurs with him to help calm his fears on his first visit to the dentist. jP Whybrow

Wilson, K. Bear Feels Sick. When Bear is too sick to play, his animal friends go to his cave to make him soup and tea and keep him company. jP Wilson

Yolen, J. How Do Dinosaurs Get Well Soon? Jane What if a dinosaur catches the flu? Does he whimper and whine between each "At-choo"? Does he drop dirty tissues all over the floor? Does he fling his medicine out of the door? Just like kids, little dinosaurs hate being sick. And going to the doctor can be pretty scary. How DO dinosaurs get well soon? They drink lots of juice, and they get lots of rest; they're good at the doctor's, 'cause doctors know best. jP Yolen