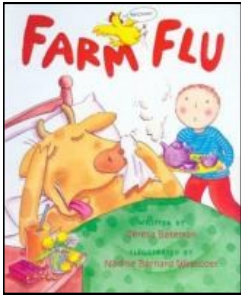


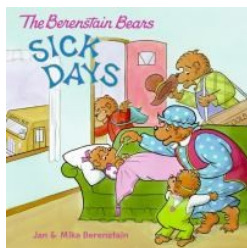
## Colds, Allergies, and Other Common Health Concerns



Bateman, T. Farm Flu. Mom leaves the farm in her son's hands for the day and while she is gone, the animals all come down with the flu. Caring for the sick creatures in the manner that he knows his mother would care for him, the boy puts the cow to bed, complete with tissues and alfalfa tea; "popped the piglets in the tub / and gave them all a belly rub"; and makes popcorn for the donkey. And when the animals begin having too much fun being sick, the child removes their TV, toys, games, and popcorn, just as his mother would do, resulting in an instant cure. jP Bateman

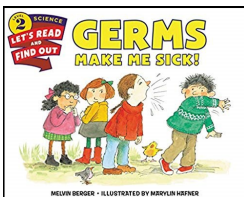


Ben-Barak, I. Do Not Lick This Book\*': \*It's Full of Germs. Min is a microbe. She is small. Very small. In fact, so small that you'd need to look through a microscope to see her. Or you can simply open this book and take Min on an adventure to amazing places she's never seen before -- like the icy glaciers of your tooth or the twisted, tangled jungle of your shirt. The perfect book for anyone who wants to take a closer look at the world. jP Ben-Barack

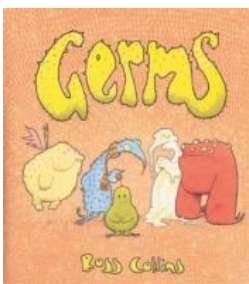


Berenstain, J. The Berenstain Bears: Sick Days. Sister is home sick from school. Mama wants to take good care of her so she can get well quickly. It turns out that keeping Sister happy all day long is no small job! Soon both Sister and Mama are more than ready for a return to school.

jP Berenstain

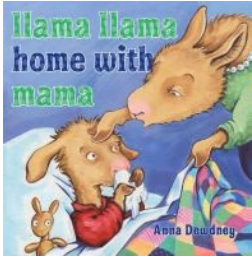


Berger, M. Germs Make Me Sick! Germs are all around us, but they're too small to see. Many germs are harmless, but two kinds, viruses and bacteria, can make you sick! How? This book is all about germs, how they can make you sick, and how your body works to fight them off. j 616.92 B496



Collins, R. Germs. Pox is not an ordinary germ. Sure, like other germs he takes the bubonic bus to Germ Academy, and he proves that he is unhealthy before he attends school. But Pox just doesn't understand why he should want to make a person miserable. Poor Pox is stuck at the bottom of his class. Luckily, Pox is smarter than his friends and teachers believe, and when he's sent to infect an innocent little girl named Myrtle, he makes some new friends and finds himself a much more suitable, healthy home. A delightfully silly-and educational-story. jP Collins

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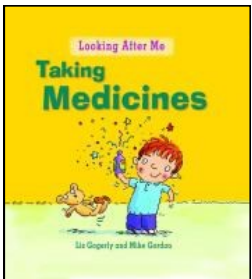


Dewdney, A. Llama Llama Home with Mama. Ah-choo! Uh-oh, Llama Llama's nose is feeling tickly, his throat is feeling scratchy, and his head is feeling stuffy. Back to bed, no school today for Llama Llama! Instead, he's home with Mama. By lunchtime, though, he's beginning to feel a tiny bit better. But now someone else has the sneezes . . . Mama! And who will help her feel better? Why, Llama Llama, of course! jP Dewdney



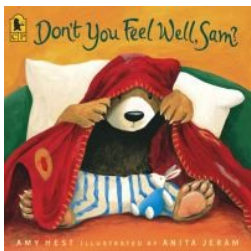
Fliess, S. A Gluten-Free Birthday for Me! Birthday party preparations and activities occur with their usual anticipation and fun, save for the not-so-notable-in-the-end difference of the celebrant being allergic to gluten. This upbeat story of a simple, no-frills party where a multiracial cast of guests partakes in the birthday traditions of games, opening gifts, blowing candles, and eating a cake that everyone can enjoy (even the boy who initially thought he would be the only one who couldn't). Includes recipes, tips for people with gluten allergies, and a list of web sites for more information.

j PAR PIC Fliess



Gogerly, L. Taking Medicine. Introduces the importance of taking the right medicines and treating them with respect through the story of Jimmy, who thought medicines were magical and tried to cure his teddy bear.

j 613 Gogerly

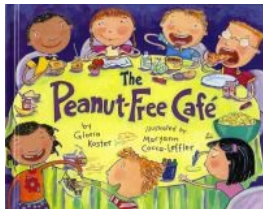


Hest, A. Don't You Feel Well, Sam? In the little white house, Mrs. Bear is putting Sam to bed, when suddenly — HCK HCK! coughs Sam. Mrs. Bear gets some syrup. But the syrup tastes bad, and there's too much of it on a too-big spoon, and it's too hard to swallow. What will make Sam feel better? jP Hest

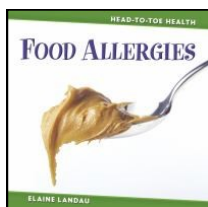


Kann, V. Pinkalicious and the Sick Day. Pinkalicious gets to be Principal for a Day because she has perfect attendance! Pinkalicious can't wait to be in charge, but when she wakes up sick on the big day, will her dreams of being Principal Pinkalicious be -- ACHOO! -- blown away? jE Kann

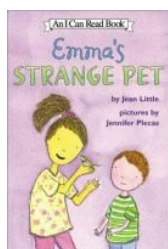
## Colds, Allergies, and Other Common Health Concerns



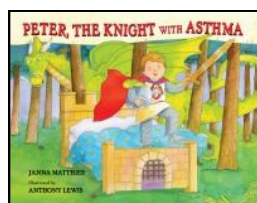
Koster, G. The Peanut-Free Café. All the students at Nutley School love peanut butter, especially Simon. But then new student, Grant comes to school. Grant is allergic to peanut butter and can't sit near anyone eating it. What will the students of Nutley School do if they can't have peanut butter for lunch? Simon comes up with a clever idea. The school can have a peanut-free café! It will be a fun place to eat and watch movies, where the only admission is a peanut-free lunch. j PAR PIC Koster



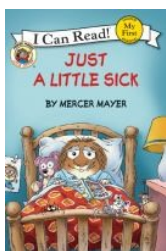
Landau, E. Food Allergies. Provides basic information about food allergies and their prevention. j 616.975 Landau



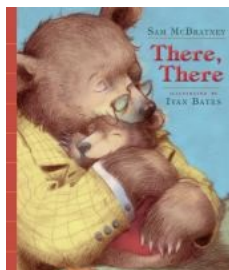
Little, J. Emma's Strange Pet. Pet wanted! Max wants a furry pet. Emma wants a pet too, but she's allergic to animals with fur. When Emma finds the perfect animal, will Max like his sister's strange pet? jE Little



Matthies, J. Peter, the Knight With Asthma. Brave Peter, a young knight, stands on the lookout, protecting the castle. A ferocious dragon creeps out of the woods! Brave Peter charges after him—until wheeze, wheeze, sputter, sputter—it's time for My Lady, his mother, to bring the rescue inhaler. Soon a trip to the doctor follows, and Brave Peter learns how to manage his asthma and keep fit for fighting dragons. j PAR PIC Matthies

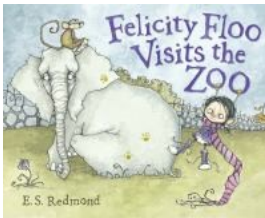


Mayer, M. Just a Little Sick. Little Critter, who is sick, looks forward to a day home from school and plans a day of fun, but when his mother makes him stay in bed and takes him to the doctor, he looks forward to returning to school so he can see his friends. jE Mayer



McBratney, S. There, There. "There, there, Hansie Bear. You'll be better soon." That's what Hansie's dad says whenever Hansie hurts himself, and it always makes Hansie feel better. So when Dad gets a thorn in his foot, little Hansie knows just what to do. A day of stumbles, tumbles, and boo-boos are soothed for cub Little Hansie Bear by his comforting dad, who imparts reassurance and hugs that help make everything all right again. jP McBratney

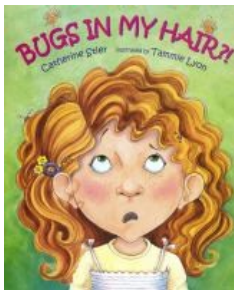
## Colds, Allergies, and Other Common Health Concerns



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. . . . Kids will be happily grossed out to follow the icky trail as she pets one hapless, bleary-eyed creature after another. With whimsical, stylized illustrations showing Felicity's handprints on every spread, this cautionary tale will have readers roaring out loud—and racing off to wash their hands! jP Redmond

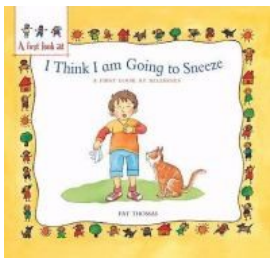


Shannon, D. Bugs In My Hair! Is something bugging you? Nobody talks about them, but they are everywhere (chances are good you might meet them someday). Oh the shame and humiliation of having bugs in your hair! Lucky for you, the unwelcome bugs in this story are so funny you will be laughing aloud—even when Mom attacks them with battle-tested anti-lice weapons. jP Shannon

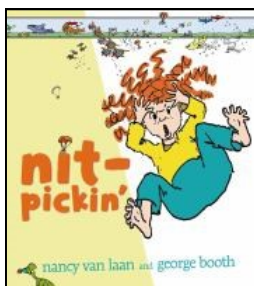


Stier, C. Bugs in my hair?! "WHAT DO YOU MEAN I HAVE BUGS IN MY HAIR?!" blurts Ellie when her mother and her school nurse give her the bad news: Ellie has head lice. "These things happen," says Ellie's mother. At home, Ellie and her mother talk to the doctor and read the papers from the school nurse. Then they shampoo, comb, and do laundry. Ellie even writes a note for kids who get head lice—"These things happen," it says.

j PAR PIC Stier

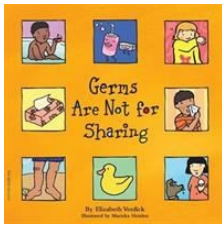


Thomas, P. I Think I Am Going To Sneeze: A First Look At Allergies. This story reassures kids who suffer from allergies, letting them know that they aren't alone. They learn the value of avoiding contact with certain materials and staying away from certain foods that trigger allergic reactions in their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

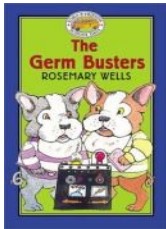


Van Laan, N. Nit-Pickin'. Children who have experienced an invasion of nits will readily empathize with the dilemma facing the red-haired protagonist in this rollicking look at a lice infestation and the drastic steps one family takes to remove the bugs. Told in verse, this humorous tale has a down-home comic charm: "I was scritch-scratchin'/while a batch-a bugs/was hatchin',/ yes, those cooties were/attachin' to my head." Children who are coping with this situation for the first time will be reassured by this laugh-filled introduction to a common childhood condition. j PAR PIC Van Laan

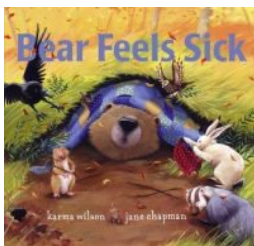
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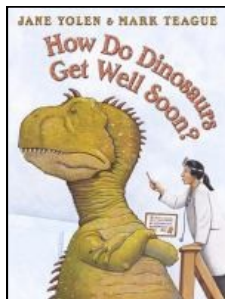
Verdick, E. Germs Are Not For Sharing. Achoo! Cough! F-L-U-S-H! What to do? In childcare, in preschool, at home, and everywhere, toddlers need to learn that germs are not for sharing. Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! Child-friendly words and full-color illustrations help little ones stay clean and healthy. j PAR PIC Verdick



Wells, R. The Germ Busters. Yoko, Nora, and Timothy are back in this story about how germs spread. After Nora and several of her classmates get sick, Mrs. Jenkins takes action by having Mr. Wagweed, the science teacher, and one of her students build a Germostat machine to identify who might be responsible for spreading germs. jE Wells



Wilson, K. Bear Feels Sick. Sweet Bear isn't feeling well at all. He is achy, sneezy, wheezy, and just plain sick! He's in no shape to go outside to play. So Mole, Hare, Mouse, and the rest of the gang try to make Bear feel as comfortable as possible in his cave. Bear starts to get better—but as soon as Bear is well, all of his friends get sick! 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

Compiled by the Rochester Public Library Children's Room

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