

Now We Know: All About Our Health

A performance-based project created
by the students of
Parent Power
Family Literacy Academy
at Freedom Shores Elementary
2010-2011



A Simply Brilliant Idea
A Blue Cross Blue Shield Health Literacy
Initiative

Allergy Information Sheet

Doctors Name _____

Doctors Number _____

Child's Full Name _____

Type of Allergies:

Circle all that apply and list specifics.

Medication: _____

Food: _____

Insect Bites/Stings: _____

Environmental: _____

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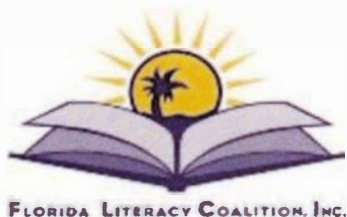
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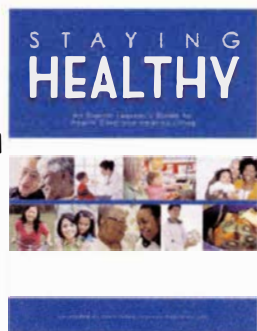


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Florida Literacy Coalition and the generosity of Blue Cross/Blue Shield funding the **Health Literacy Grant**.

Without the support of these organizations, this health literacy initiative would not have been possible. This is a student created book designed to help other parents identify their child's symptoms and understand what questions to ask and follow-up procedures to give.



We hope that this book will help other ESOL parents keep their families healthy.

A HUGE Thank You to the staff & students at **S.B. Idea, Inc.'s Parent Power Family Literacy Academy** at Freedom Shores Elementary: Julia, Ingrid & Gloria, our dedicated staff and especially to Casey Logan, our valued AmeriCorps member.



S. B. Idea Inc.



PARENT PAGE

I noticed that my son was pulling on his ear.

His ear even looked red. He said that he was
in a lot of pain.

I took him to the doctor.

Then, we went to the pharmacy to get
some prescription medicines.



CHILD PAGE

I have an owie in my ear!

It feels itchy.

I hear noises in my ear.

I have an earache.



PARENT PAGE

I noticed my daughter touched her stomach. Her skin was white, and her face looked tired.

My daughter said, "I don't want to eat because I want to throw up."

I gave her fluids such as Gatorade as well as some other medicines, I asked her to go to bed.



CHILD PAGE

My belly hurts!

I don't want to eat.

I feel like throwing up.

I have a **stomach
ache.**



PARENT PAGE

I noticed that my son was not eating anything. He was grabbing his throat, and he couldn't swallow.

I looked in his throat. It had white spots, and it was red.

He said that he was in a lot of pain.

I took him to the doctor, who found that he had **strep throat**.

Then, we went to the pharmacy to get amoxicillin.



CHILD PAGE

I don't want to eat.

My throat hurts.

I feel bad. I want to go to
bed.

My throat is itchy.



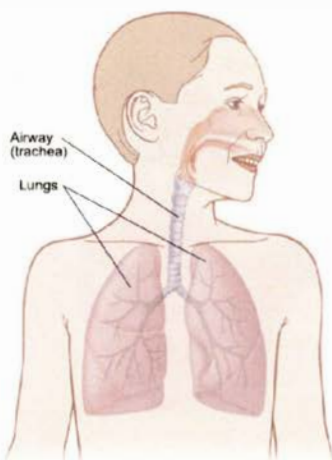
PARENT PAGE

I noticed that my son looked really tired. He had a high fever.

He was shaking and crying, and he had difficulty breathing.

I took him to the doctor. After the pediatrician examined him, he called the hospital and he sent us to the emergency room.

They took an x-ray of my son. Then, the doctor informed me that my son had



CHILD PAGE

Mommy, I don't feel
good.

I can't breathe.

I am really thirsty.

My chest feels funny.

PARENT PAGE

I saw that my child was coughing a lot.

He had a fever of 102 degrees.

He also felt really tired, and he didn't want to play at all.

I took him to the doctor. After they did some tests, they found out that he had **asthma**



CHILD PAGE

I am tired.

I don't want to eat.

It is really hard to
breathe when I run.

I cough a lot.



PARENT PAGE

I noticed that my son wasn't playing at all.

I also noticed that he was touching his head a lot.

He started crying, and he said that he was tired. His eyes looked tired too.

I decided to check to see if he had a fever.

Finally, I gave him some Ibuprofen.



CHILD PAGE

Mommy, I'm tired.

I'm sad.

I feel sick.

My head hurts.

I have a headache.



PARENT PAGE

I noticed that my son had red eyes.

He touched his eyes frequently.

He had watery eyes, and they were itchy.

His eyes even seemed to be a little swollen. They were also sensitive to bright lights.

I took my son to the doctor's office.

The doctor gave me a prescription for eye drops because he had **pink eye**.

Then, we went to the pharmacy.



CHILD PAGE

Mommy, my eye is hurting.

My eyes are crying.

My eye is red.

Why is my eye so small?

I have an itch in my eye.



Vocabulary

prescription medicines

earache

stomach ache.

Swallow

strep throat

pediatrician

bronchitis

asthma.

Ibuprofen

Headache

Swollen

Parent Discussion Questions:

- 1) What is the first thing you do when you notice that your child is sick? Why?
- 2) How does your child express that he/she does not feel well?
- 3) What questions do you ask your child when they are sick? Give examples.

