

R.B.'s Activity Book

Fun Ways To Learn Healthy Habits!



Parents/Caregivers:

These activities and puzzles offer lots of opportunities to talk to your child about important issues like staying healthy and being safe. Take a look!

Dear Parent/Caregiver,

The **National Association of Pediatric Nurse Practitioners** (NAPNAP) and our nearly 7,000 pediatric nurse practitioners are dedicated to helping parents understand and meet the changing health needs of their growing children. We are proud to play a part in providing you with an educational program and activity book that gives your child helpful information on issues related to his or her own health care and safety.

The activities focus on a variety of health and safety issues that are important to children today. Aimed at 6 – 9 year olds, the program allows children to engage in fun activities as they learn about various health and safety topics. We are pleased to incorporate content relevant to NAPNAP's two major programs: our **Healthy Eating and Activity Together** (HEATSM) Initiative and our **Keep yourself/your kids Safe and Secure** (KySSSM) Program. The activities tie directly to our programs with content that explores areas related to hygiene, nutrition, exercise, and personal safety.

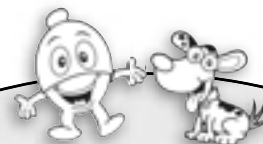


NAPNAP and the **LYSOL® Products Brand Team** share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly recommend it as a valuable resource for children.

We hope both you and your child enjoy working on the activities as you help him or her learn about important health and safety issues.

Sincerely,

Jo Ann Serota, MSN, RN, CPNP
President, NAPNAP



Parent/Caregiver —

Check out **R.B.'s Healthy Activity Award** inside the back cover of this book. It's a perfect reminder to cut out and post on your child's bedroom wall!

NAPNAP would like to acknowledge the following pediatric healthcare professionals who have contributed to this program.

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The information in this activity book is a supplement to – not a substitute for – the care provided by a pediatric nurse practitioner, physician, or other healthcare professional.

All activities are also available online at www.lysol.com

R.B.'s Activity Book

It's yours, too!

*Welcome to R.B.'s Activity Book –
the fun way to learn about health!*

Inside you'll find lots of puzzles, activities and brain-teasers. They're fun to do – and they have important information for you to discover and share with your family, too.



Meet R.B.

He's learning all about the things he can do to have fun, be safe and be healthy. He wants to share what he's learning with you! Watch for him throughout your Activity Book.

This is Scrubs.

He's traveling and learning with R.B. throughout the book – and has a few tips of his own to share!

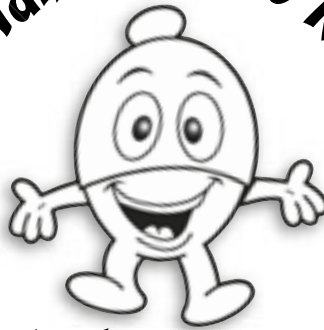


R.B. and Scrubs are ready to take you on your journey. So grab your pencil or crayon . . . get ready . . . and have fun!

This book belongs to:

Today's Date:

R.B. Wants You to Know!



Spotlight on: Safety!

Staying safe is something you and your family can work on every day.
Talk about the ways you can stay safe together.

When You Ride . . .

Your bike or scooter:

- Wear a helmet
- Don't swerve or ride into traffic
- Cross only at crosswalks
- Obey traffic signals



In a car:

- Always use a booster seat or seat belt

When You Walk . . .

- Cross only at crosswalks
- Obey traffic signals
- Avoid deserted areas
- Don't talk to strangers — even if they have candy or a puppy
- Go to a "safe place" (store, fire department/police, public building) if you feel nervous or scared



SafePlace



Have FUN!

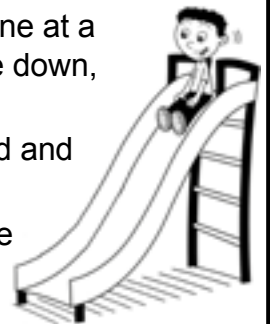
When You Use the Computer . . .

- Don't give information to someone you don't know
- Only open emails from people you know
- Tell a parent/adult if you see anything that makes you uncomfortable



On the Playground . . .

- **On the slide**, climb stairs one at a time, holding handrail. Slide down, sitting up — feet first!
- **On the swings**, stay seated and hold on with both hands.
- **On the seesaw**, sit with one same-sized child on each side. Hold onto handles — no jumping off!
- Help keep your playground safe! Don't leave your backpack, jacket or other gear in the way of the equipment.
- Always have adult supervision at the playground.



Visit www.napnap.org to learn more.



Place an X through the things in the picture that are not safe to do.

5












Staying Safe Online




This activity is for you to do with your parent or family. What would you do in each of these situations? Talk about it with your mom/dad, and then color or circle the best choice.

Tip: Sometimes, you might choose 2 answers.

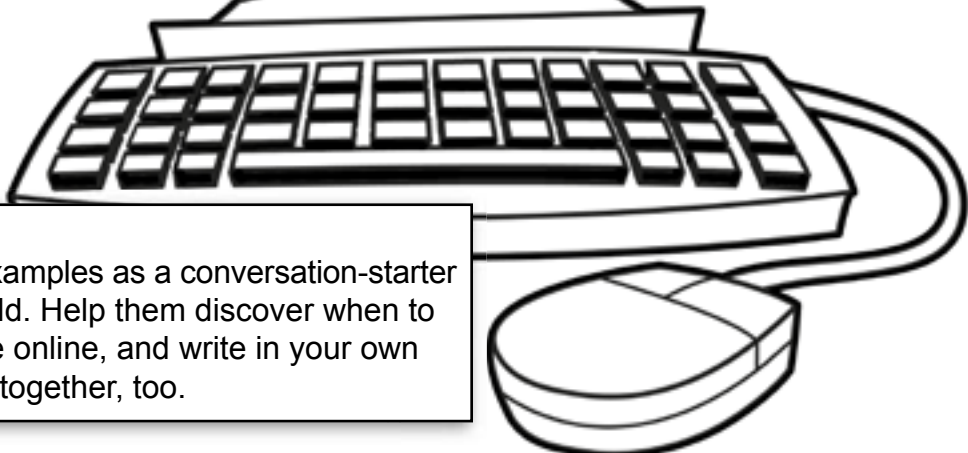
 <i>You receive an email with an attachment from someone you don't know.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>	 <i>Someone you don't know asks you where you live.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>
 <i>Your classmate sent you an email with a birthday party invitation attached.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>	 <i>You see something online that makes you feel uncomfortable.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>
 <i>You receive an email inviting you to enter an art contest online.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>	 <i>You need to go online to do research for a school report.</i> <input type="button" value="Tell a Parent"/> <input type="button" value="Save"/> <input type="button" value="Delete"/>
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 Write your own safe ideas here.

Answers on page 11



Parent Tip
Use these examples as a conversation-starter with your child. Help them discover when to draw-the-line online, and write in your own suggestions together, too.





Walk This Way!



Using the pictures as clues, fill in the blanks to show ways to be safe when you are walking. Then, write each numbered letter in its Secret Answer space.



1. R only at crosswalks.
10 7 3

2. Look left, right, and F again before crossing.
2 5



3. Never run into the T between cars.
11 9

4. Make sure to obey traffic signals C and G guards.
8 1



5. Wear reflective clothing at G and carry a flashlight.
4 6

Secret Answer

What will you be if you follow these safety tips?

1 2 3 4 5 6 7 8 9 R 11

Answers on page 12



Get On The Road Safely!



Color in all of the Gs to reveal the secret to staying safe in the car.

If You're 4'9" or taller:

If You're Under 4'9":

G G G G G G G G G G G G G

G G G G G G G G G G G G G

B G U G C K G L G E

G G U G S G E G G A

G Y G O G G U G R G

B G O O G S G T E R

G G S G E G A G G T G

G S G G E G A G T G

B G E G L G T G G

G G G G G G G G G G G G

G G G G G G G G G G G G



Answers on page 12



For more information on Booster Seat Safety, visit www.boosterseat.gov



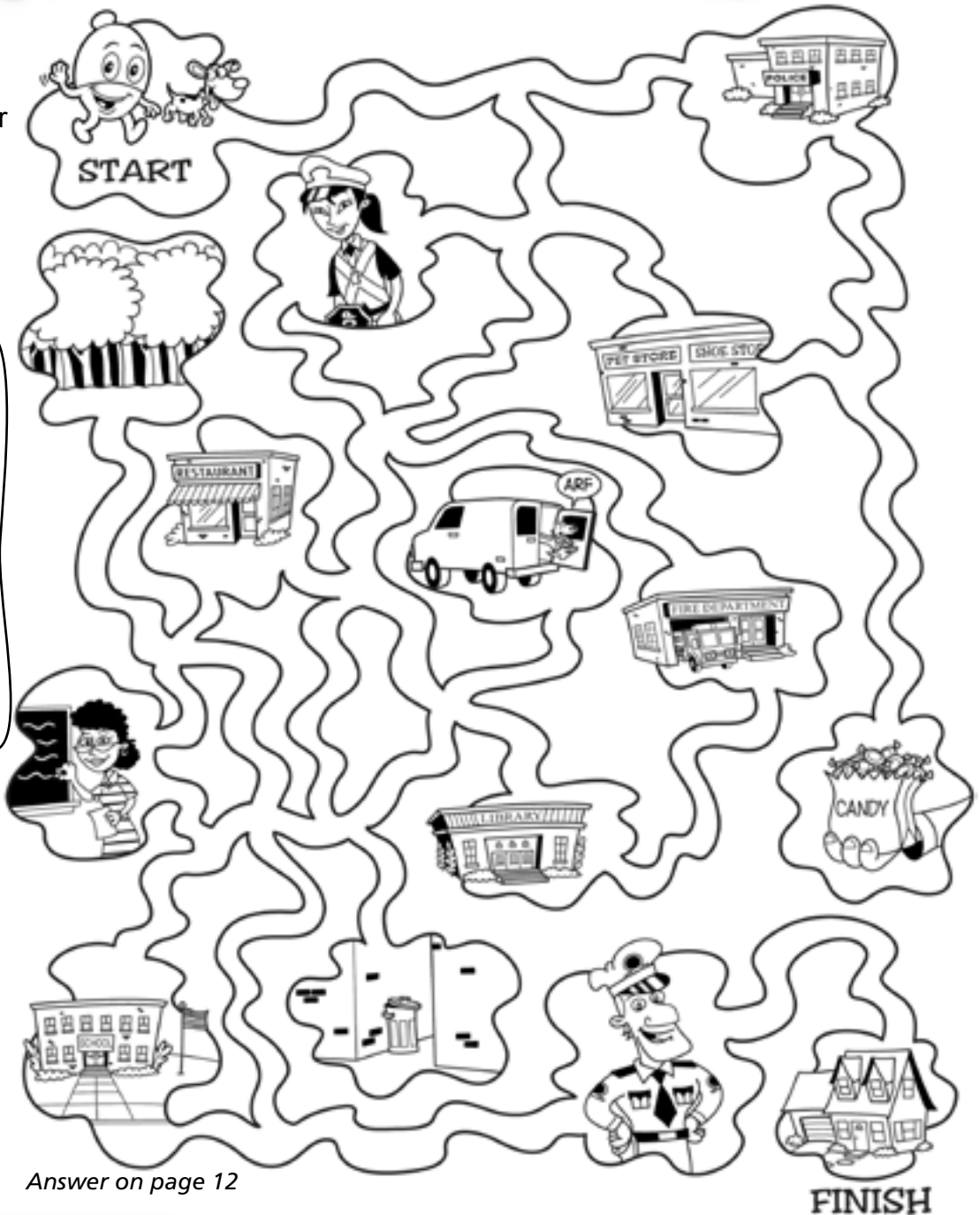
Safe Spots and Safe People



Travel through the maze to find safe places in your neighborhood. Watch for safe people you can trust, too!

Safe Places and People:

- Crossing Guard
- Fire Department
- Home
- Library
- Police Officer
- Police Station
- Restaurant
- School
- Store
- Teacher



Answer on page 12



Parent Tip

Take a neighborhood "safe spots" tour with your child.

To the Family: Many neighborhoods are using the national Safe Place signs to help children remember the safe places to go. Check to see if your community has them! Visit <http://www.safeplaceservices.org/>



SafePlace



Beat it, Bullies!



Bullies can be mean to people. Find the words that show good and bad things about bullies and how to avoid them. Use the pictures to get more “anti-bully” ideas. Words are down, across, or horizontal and are all spelled forward.

Words about What Bullies Do:

Cheat	Fight	Bother
Hurt	Steal	Annoy
Insult	Nasty	Sneak

Words about What To Do If You Are Bullied:

Parent	Friend	Avoid
Principal	School nurse	Ignore
Teacher	Reason	Report



A P R I N C I P A L V T
 S C H O O L N U R S E E
 M H U Z S N E A K Q V A
 X E R B T I G N O R E C
 Q A T P A R E N T E T H
 W T I D A V W O H P M E
 F L E N A S T Y I O J R
 I R E A S O N Q C R M V
 G R I C L U P R J T P O
 H U Z E H I L G B O S K
 T F O B N B O T H E R W
 X A V O I D K S T E A L

Answers on page 12

Parent Tip

Being the victim of a bully can lead to crying, acting out or withdrawing and avoiding school. If you suspect your child is the victim of a bully, talk to your child and to the school.



For more information on bullying, visit www.safechild.org/bullies.htm



Ready to Ride!



You know to wear a helmet when riding your bike or scooter. Travel through the maze to find other good ways to ride your bike. Watch out for the dead ends — these things can be dangerous!



You can't start without your helmet!



Parent Tip

Be sure your child wears a helmet *every time* he or she rides a bike or scooter — no matter how short the ride!



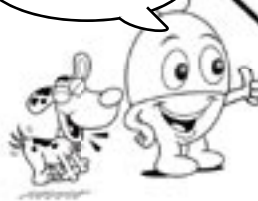
Circle the things... **You Should Do:**

- Helmet
- Cross at crosswalk
- Ride straight
- Rolled-up pants

Put an X on the things... **You Should Not Do:**

- No helmet
- Ride on handlebars
- Cross in middle of street
- Bare feet
- Swerve
- Wheelie

Nice Ride!



Answer on page 12











Answer Page

Page 5: Play it Safe!



Page 6: Staying Safe Online

 <p>You receive an email with an attachment from someone you don't know.</p> <p>Tell a Parent Save Delete</p>	 <p>Someone you don't know asks you where you live.</p> <p>Tell a Parent Save Delete</p>
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 <p></p> <p>Tell a Parent Save Delete</p>	 <p></p> <p>Tell a Parent Save Delete</p>

Page 7: Walk This Way!

1. **CROSS** only at crosswalks.
2. Look left, right, and **LEFT** again before crossing.
3. Never run into the **STREET** between cars.
4. Make sure to obey traffic signals and **CROSSING** guards.
5. Wear reflective clothing at **NIGHT** and carry a flashlight.

Secret Answer

What will you be if you follow these safety tips?

STREET SMART

Page 7: Get on the Road Safely!

If You're 4'9" or taller:

BUCKLE YOUR SEATBELT

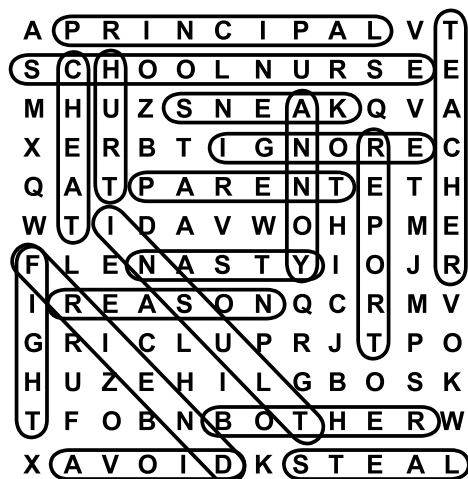
If You're Under 4'9":

**USE A
BOOSTER
SEAT**

Page 8: Safe Spots and Safe People



Page 9: Beat it, Bullies!



Page 10: Ready to Ride!





R.B.'s Healthy Activity Award



This is to certify that

(insert name)

has learned all about staying healthy and safe.

- By completing R.B.'s Activity Book, now you know how to:
- Make good food choices and be active for a healthy body
 - Take care of your teeth to keep your smile healthy and bright
 - Wash your hands in the right way and at the right times
 - Make safe choices every day



**Congratulations
— and thanks for
sharing my
Activity Book!**



**Keep up the
good work!**



R.B.'s Activity Book is proud to support the following national health initiatives for children:

