



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! Along with your child's teacher, we have been talking with the children about how to be safe around medicine. Keeping medicine out of children's hands helps keep your child safe and healthy. Below are some important things that we talked about together. It's a good idea to go over this list with your child at home. Consider asking your child what they remember from our conversations about medicine.

- Medicines help people stay healthy or feel better when they are sick.
- Always ask a grown-up for permission before putting something into your body.
- Take medicine only when a trusted grown-up gives it to you, even if it is your own medicine.
- Some medicines may look, smell, or taste like candy, but they are not candy.
- Never take someone else's medicine.
- Sometimes doctors and nurses use needles to give people medicine.
- Children should never pick up or handle a needle, even if they find one on the street or playground, because needles can hurt them.

Your safe and healthy pal,

AI

(Look on the back for a detailed "Rules About Medicine" list)

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