



Way to Go, ELBOW!

BY JOAN MORGENSTERN

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ILLUSTRATIONS BY LUCY WILLIAMS

A Message to Grown-ups:

Although kids and germs go hand-in-hand, it can be difficult for children to understand why it's necessary to take certain precautions against spreading germs – which they can't even see. Most children forget to cover their nose and mouth when they sneeze and cough, or they rely on their hands to cover their face. But we know that using the bend of the arm is a more effective strategy to minimize the spread of germs since we don't use that part of our anatomy to touch things. With the recent introduction of the novel coronavirus, it is imperative that we teach children healthy hygiene practices that limit the spread of germs.

Way to Go Elbow, was written with this in mind. This simple and informative story explains that each person's elbow has a very important job - to catch their own sneezes and coughs. The story is fun and educational and its lyrical dialogue and upbeat message will appeal to young children. The end of the story reinforces children learning by likening a job of an elbow to the task performed by a superhero. This book is the perfect complement to any school curriculum that is proactively teaching children healthy hygiene habits. The more we educate our children and model healthy behaviors that reduce the spread of germs, the better equipped they'll be to make these habits their own.

Helpful Tips:

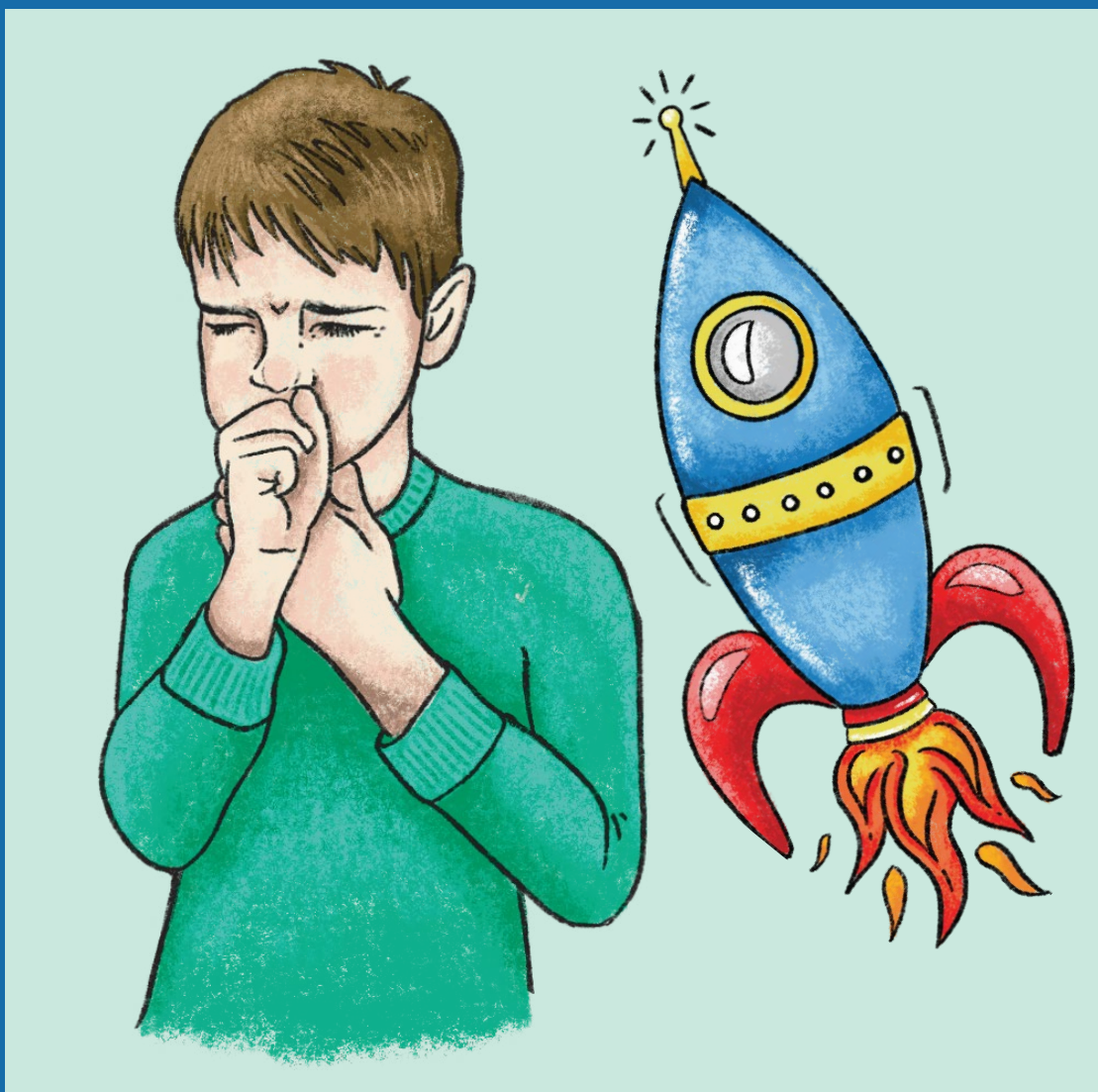
- Have children follow the instructions in the book as you narrate the story.
- Keep in mind: unlike handwashing, which occurs many times throughout the day, sneezing and coughing happen less frequently. This is why children often forget to use their elbow.
- An "Elbow Cape" is a fun way to remind children to use their elbow to catch their cough or sneeze.
- Make an "Elbow Cape" that children can wear on their elbow. Cape template and instructions can be found at the end of the book.

About the Author:

Educator and Parent Coach Joan Morgenstern is passionate about helping children and their parents. With more than 30 years of professional experience, Joan offers support and assistance to the many families she works with. In her current role as Director of Parent Education and Community Outreach at Senders Pediatrics, a Cleveland based-pediatric medical practice, Joan provides one-on-one parent coaching, parent education classes, and in-service training for educators.

To learn more about Joan visit her at:

www.senderspeditrics.com and www.JoanMorgenstern.com



What do you do with a
sneeze and a cough,
when the tickle inside
is about to blast off?



Try bending your arm –
by your face – give a go;
relax so it lands right inside
your elbow.



Your elbow, it works like a
sign that says: “STOP,”
by catching your sniffles
and spit – drop by drop.



It stops germs from spreading
between me and you,
that's one awesome thing
that an elbow can do!



Did you know that germs like
to travel about?
Your elbow stands guard and says:
“Germs don’t come out!”



Let's practice this now,
so you'll know what to do;
pretend there's a cough
or a great big achoo.



Just bend your own arm
very close to your face,
so all of your germs land
inside that small space.



Your germs can't come-out,
if they try to escape,
when you keep your arm bent
in just the right shape.



Hooray – Yes, you did it!
You learned something new,
that stops germs from spreading,
between me and you!



Although this takes practice,
you'll be pleased to know,
your elbow helps out like a
"Superhero!"

HOW TO MAKE AN *ELBOW CAPE*



Materials:

- Terrycloth athletic wristband
- Two Velcro fasteners (plastic bristly side only; any Velcro will work – the 5/8 inch circles fit exceptionally well)
- Cape and emblem templates (provided on next page)
- Fabric

Instructions:

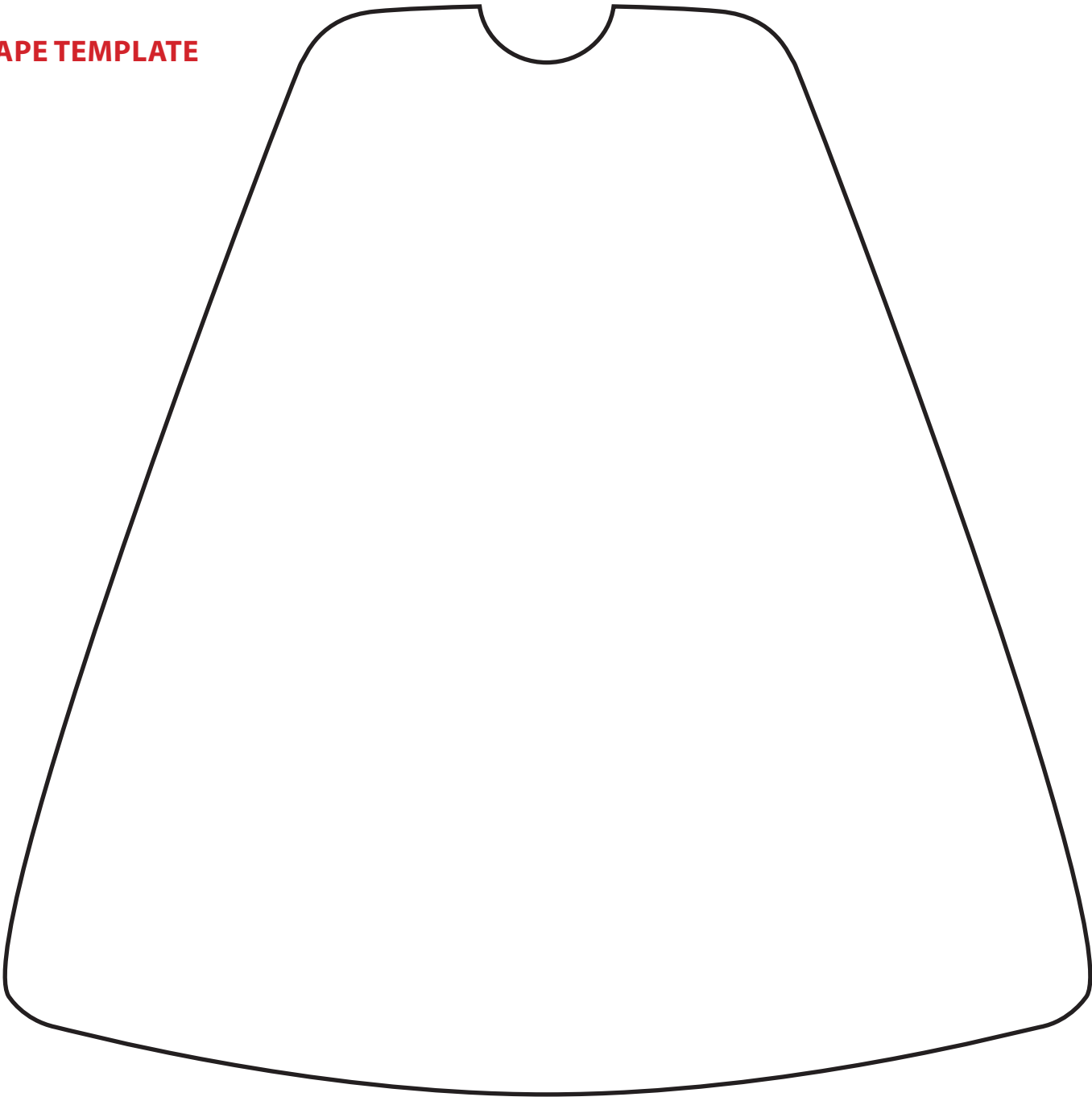
- Cut out cape template
- Trace the cape template onto a piece of fabric and cut it out (flannel holds firm and works exceptionally well, however, any fabric will do)
- Apply the two plastic bristly sides of the Velcro to the top of the cape
- Attach the cape to the athletic wristband (it will adhere without applying additional Velcro)
- Wear wristband around elbow

Optional:

- Find fabric that really appeals to children
- Decorate or embellish solid color fabric
- Personalize cotton muslin fabric with fabric markers and paint
- Cut out the Superhero elbow emblem provided on the next page and attach to cape with double-sided tape



CAPE TEMPLATE



SUPERHERO EMBLEM

