

# Teddy Gets a Checkup

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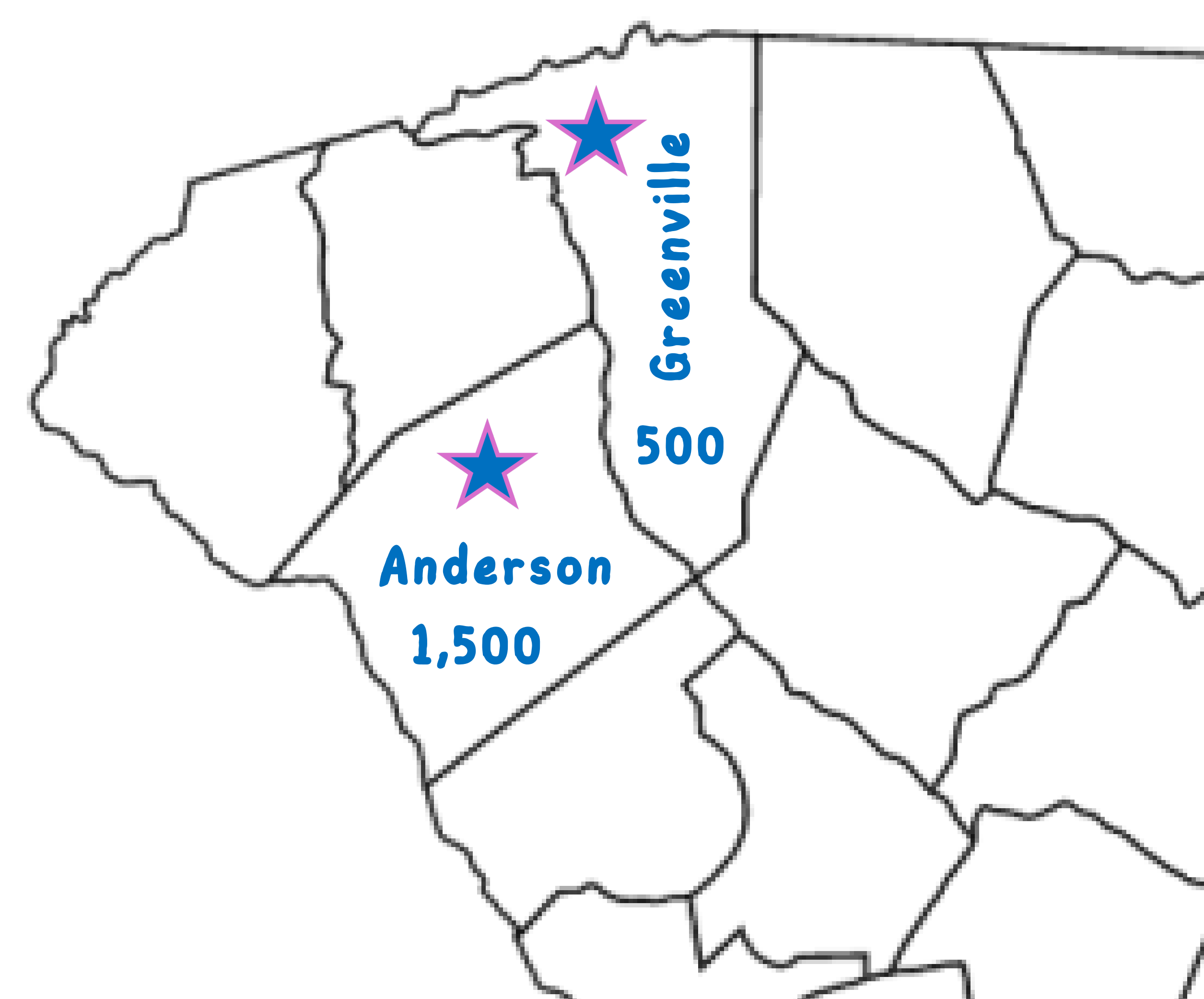
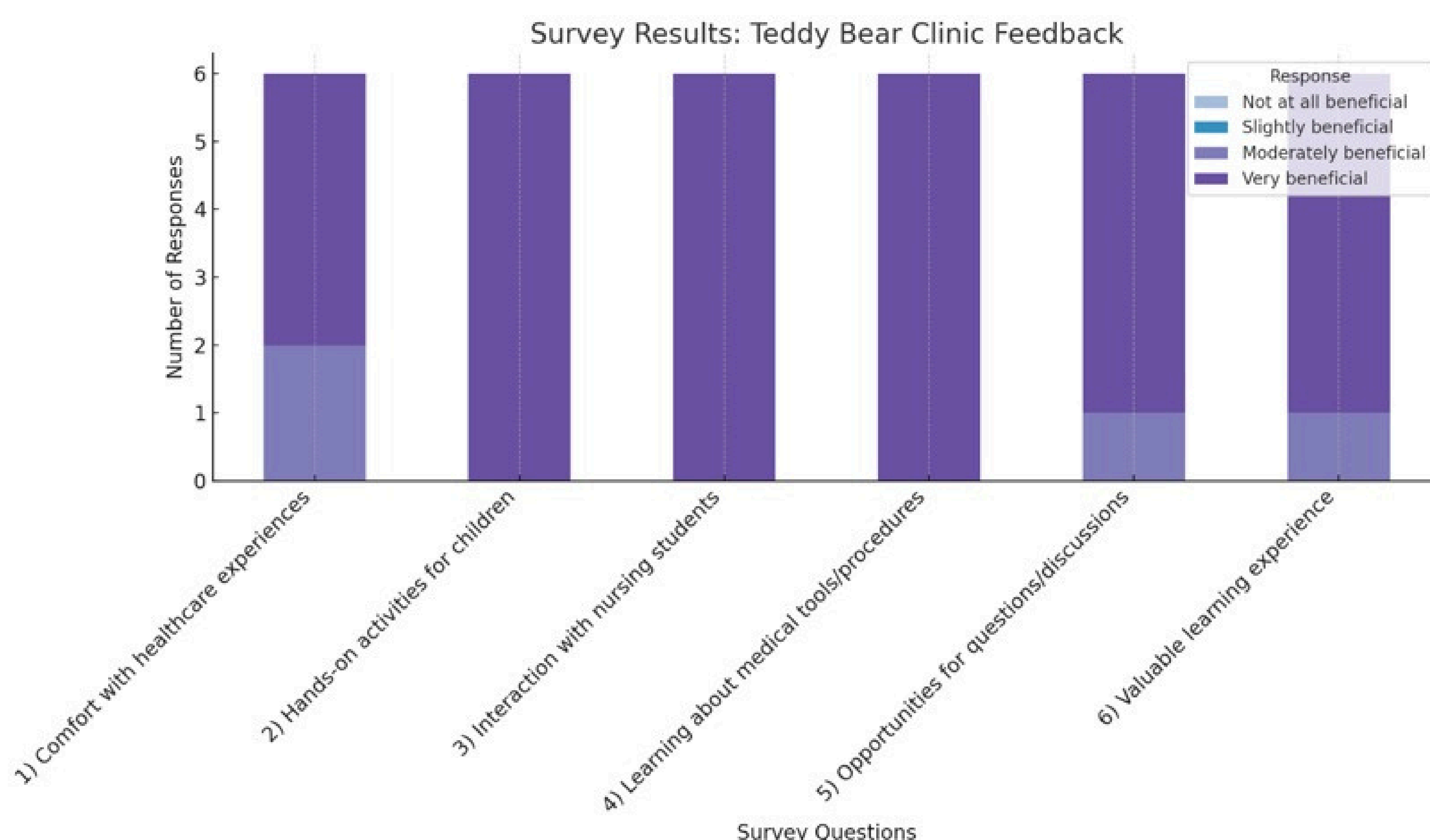
## Background

Many children experience anxiety about medical visits, and our community lacks programs to prepare them for healthcare interactions. The Teddy Bear Clinic addresses this gap through a hands-on, play-based approach that reduces fear, promotes early health literacy, encourages positive provider interactions, and strengthens community partnerships. This unique local initiative helps children build confidence and familiarity with healthcare in a fun, supportive setting.

## Introduction

A Teddy Bear Clinic is a child-friendly event with the primary purpose of familiarizing children with the healthcare environment and medical procedures in a non-threatening and educational way. During a Teddy Bear Clinic, children bring their stuffed animals or teddy bears as "patients" and engage in various interactive stations and activities

## Data and Methods



## Purpose

To provide a nurturing and supportive environment where children can learn about healthcare in a fun and non-threatening way. Through interactive experiences, we aim to alleviate fear and anxiety associated with medical visits, empowering children to feel comfortable and confident in healthcare settings.



## Outcomes

To increase comfort with healthcare experiences among children, improved health literacy through hands-on learning, provide better communication between children and healthcare providers, provide a practical experience for nursing students in pediatric care, and to build stronger community connections through engagement and education.