

Talking with Kids About Health

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Sore Throat

A **sore throat** is when your throat hurts. It might be sore from having a bad cold, or from yelling at a baseball game. Sometimes an infection causes a sore throat. That infection can come from different kinds of germs. Some of those germs, such as strep, need to be treated with antibiotics, and others will go away on their own. You can soothe a sore throat by drinking tea with honey.

Sprain

A **sprain** or a strain happens when you twist or hurt a muscle, ligament or tendon, or one of your joints, like your ankle, knee or wrist. Sometimes, the sprained body part is wrapped in an ace bandage, and this will help you feel better. A sprain can take a few days or even a week or two to get better.

Stethoscope

A **stethoscope** is a special tool the doctor uses to listen to your heart and breathing. It amplifies the sound (makes it louder), which helps your doctor to hear better. Ask the doctor if you can listen too!

Stitches

Your body heals most small cuts by itself. However, sometimes cuts that are very deep or don't stop bleeding by themselves need **stitches** to make sure they heal properly. If you need stitches, a doctor or nurse will give you an injection of medicine to make sure your skin won't feel them. Then he or she will use a very thin piece of thread to sew your cut closed. When the cut is healed, the stitches are removed. That feels funny, but it does not hurt.

Stomachache

A **stomachache** is a pain or sick feeling in your tummy. These pains can feel sharp, dull or heavy. Sometimes they come and go. If you are having a stomachache you might also have some diarrhea, and sometimes you may feel nauseous. Stomachaches can be caused by a few different things. Sometimes you get one when you eat something that's hard to digest, or when you get an infection or virus. You can also get a stomachache when you are upset or worried about something. Drinking herbal tea or cola can help your stomach feel better.

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Throat Culture

A **throat culture** is a special kind of test. A doctor might do a throat culture if your throat feels sore. The doctor will ask you to open your mouth very wide, and then she will touch the back of your throat with a little stick that has a piece of cotton at the end. It might be uncomfortable and make you cough for just a second, but it won't last long. This test will help the doctor figure out if you need medicine.

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X-ray Machine

An **X-ray machine** is special kind of camera that takes a picture of things inside your body. This picture usually shows your bones and organs. Having the X-ray picture taken does not hurt at all.

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