HOPE for HIE SUPER SIBS

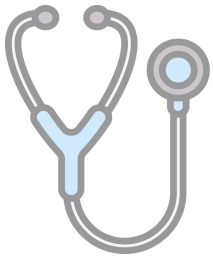
MAKE YOUR OWN MEDICAL TOOLS

Let's play **doctor and hospital** by making our own medical tools! Using things from around your house, you can create pretend items like a stethoscope, bandages, and even an MRI. You can explore, use your imagination, and practice being brave and curious—just like kids do when they visit the doctor or hospital.

STETHOSCOPE

SUPPLIES NEEDED:

- Headband
- Ribbon or string
- Felt, cardboard, or foam paper
- Tape or glue



DIRECTIONS:

- [ ] Wrap a ribbon around the headband (this step is optional).
- [ ] Tie or tape a string or ribbon to the middle of the headband so it hangs down.
- [ ] Cut out a circle from felt, cardboard, or foam paper.
- [ ] Glue or tape the circle to the end of the ribbon.
- [ ] Cut out a heart and glue it on the circle. Now your stethoscope is ready to listen!

BANDAGES

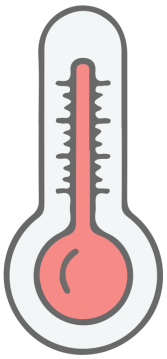
SUPPLIES NEEDED:

- Felt (any colors)
- Velcro
- Glue

DIRECTIONS:

- [ ] Cut a bandage shape out of felt.
- [ ] Cut a small white square and glue it in the middle.
- [ ] Add Velcro to each end so it can wrap around a finger or toy.

THERMOMETER



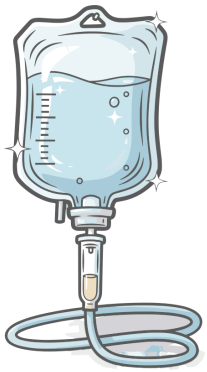
SUPPLIES NEEDED:

- Straw
- Red pipe cleaner
- Popsicle Stick
- Glue

DIRECTIONS:

- [ ] Glue the straw onto the popsicle stick.
- [ ] Draw little lines or numbers on the stick to look like a thermometer.
- [ ] Put the red pipe cleaner inside the straw.
- [ ] Slide the pipe cleaner up and down to show the “temperature.”

IV FLUIDS BAG



SUPPLIES NEEDED:

- Plastic bag (like a Ziploc)
- Pom-poms or shredded paper
- Tape
- Old tubing or string

DIRECTIONS:

- [ ] Fill the bag with colored pom-poms or shredded paper.
- [ ] Close the bag tightly.
- [ ] Tape or glue the tubing or string to the bottom of the bag.
- [ ] Hang the IV bag and use the tubing to give pretend medicine to stuffed animals or dolls.

PULSE OXIMETER

SUPPLIES NEEDED:

- Finger light
- Felt strip
- Gauze
- Velcro dots
- Tape or glue

DIRECTIONS:

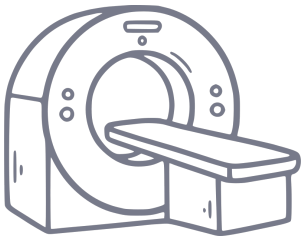
- [ ] Tape or glue the finger light onto a small felt strip or use Velcro dots so it open and closes easily.
- [ ] Gently wrap the felt strip around a finger.
- [ ] Tape a small piece of paper on top and write pretend oxygen numbers.

MRI MACHINE

SUPPLIES NEEDED:

- Box
- Cup
- Cardboard
- Scissors
- Stickers
- Ribbon or felt

DIRECTIONS:



- [ ] Cut a hole in the box big enough for the cup.
- [ ] Place the cup inside the hole.
- [ ] Cut a small piece of cardboard to fit inside the cup—this is the “bed.”
- [ ] Glue a ribbon or felt strip onto the cardboard to make a strap.
- [ ] Decorate the box with stickers or draw buttons with markers.

**Your MRI can be big or small – just make it fit your dolls, action figures, or stuffed animals!*