




This book is about a little turtle who is afraid of going to the Turtle doctor for his vaccination. But after the doctor talks to him and tells him it is normal to be afraid - as he was also afraid when he was small - the little turtle is not afraid anymore and knows the doctor will make him healthy and strong. The doctor gives him a "coping tool" that is also fun for any child. See if you can think of something simple like this to help YOUR child.

As a father or mother, you may use this book to help children get over their fear of vaccination. We want to thank all the children and families who have greatly helped making this project happen.



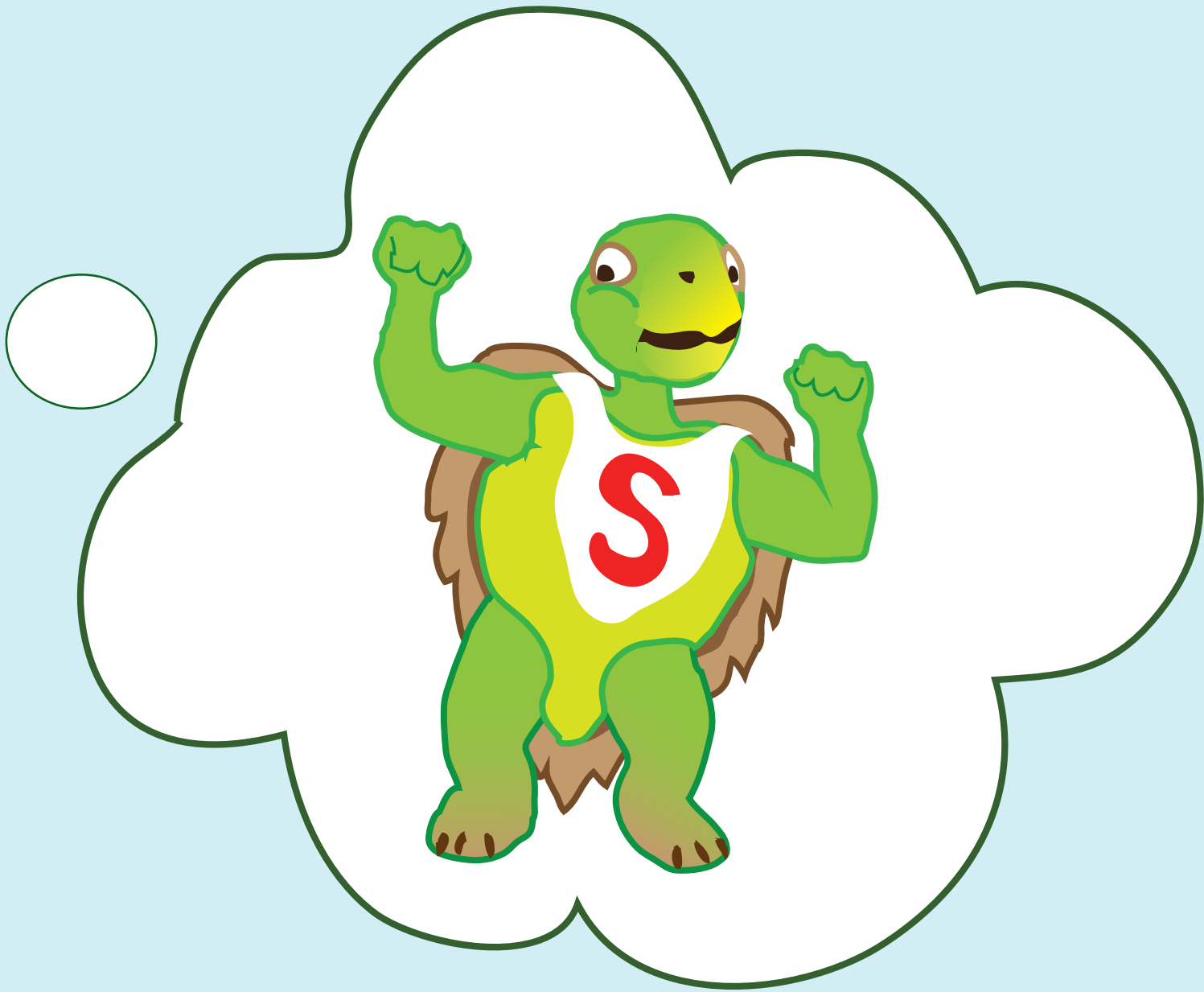
**No,**  
it will not hurt  
that much.  
It will only sting  
a little.

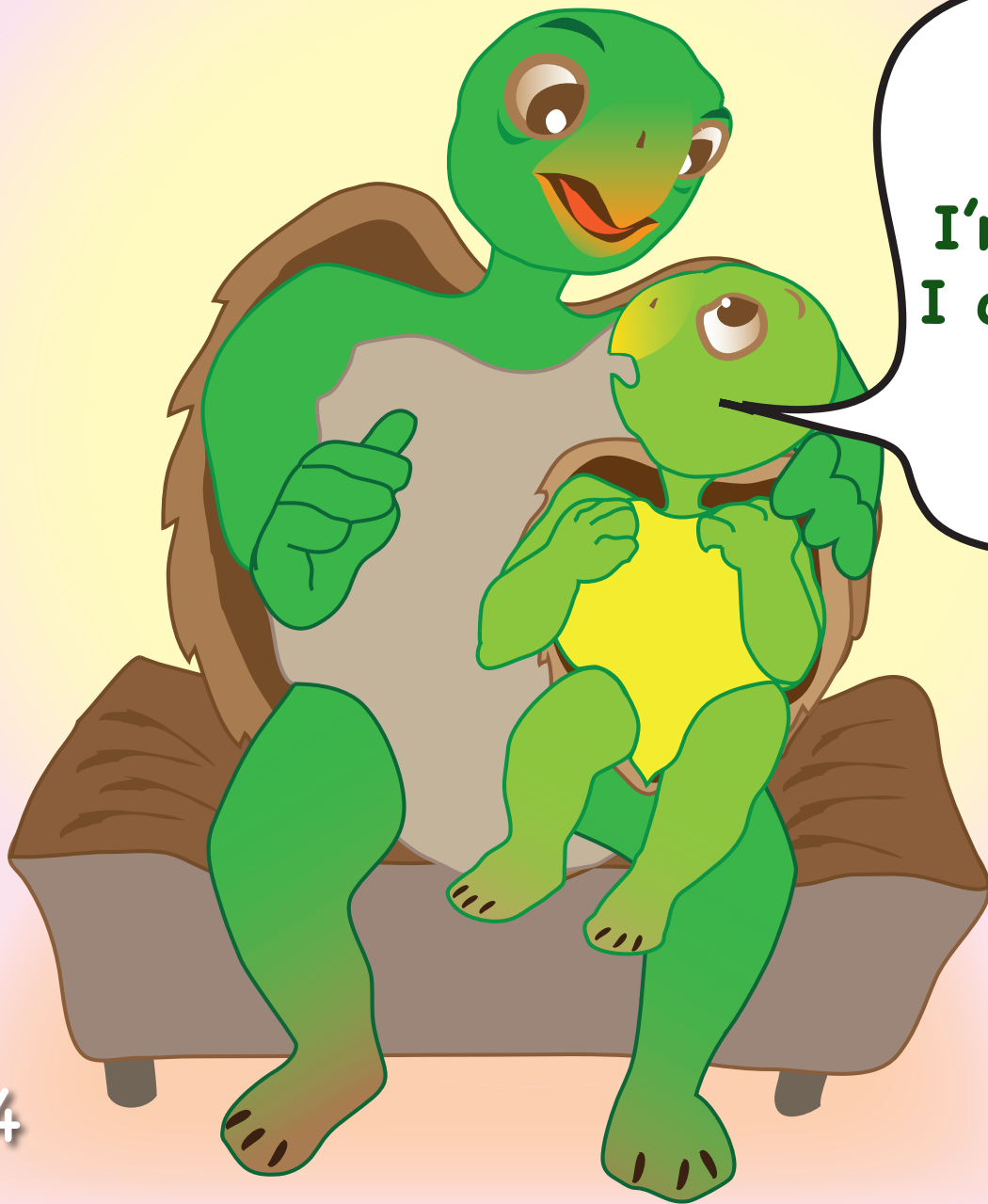
**NO! NO! NO!**  
I don't want the  
needle!  
It will hurt...



Hello Doctor!  
"Mother said"

I am glad to see you Little Turtle.  
Today you are going to become strong!





No,  
no, no,  
I'm afraid!  
I don't want  
that  
needle!

I used to be afraid too when I was little.  
But I have a magic shell, which I used to  
blow into when I was afraid of the needle...

Doctor's  
office





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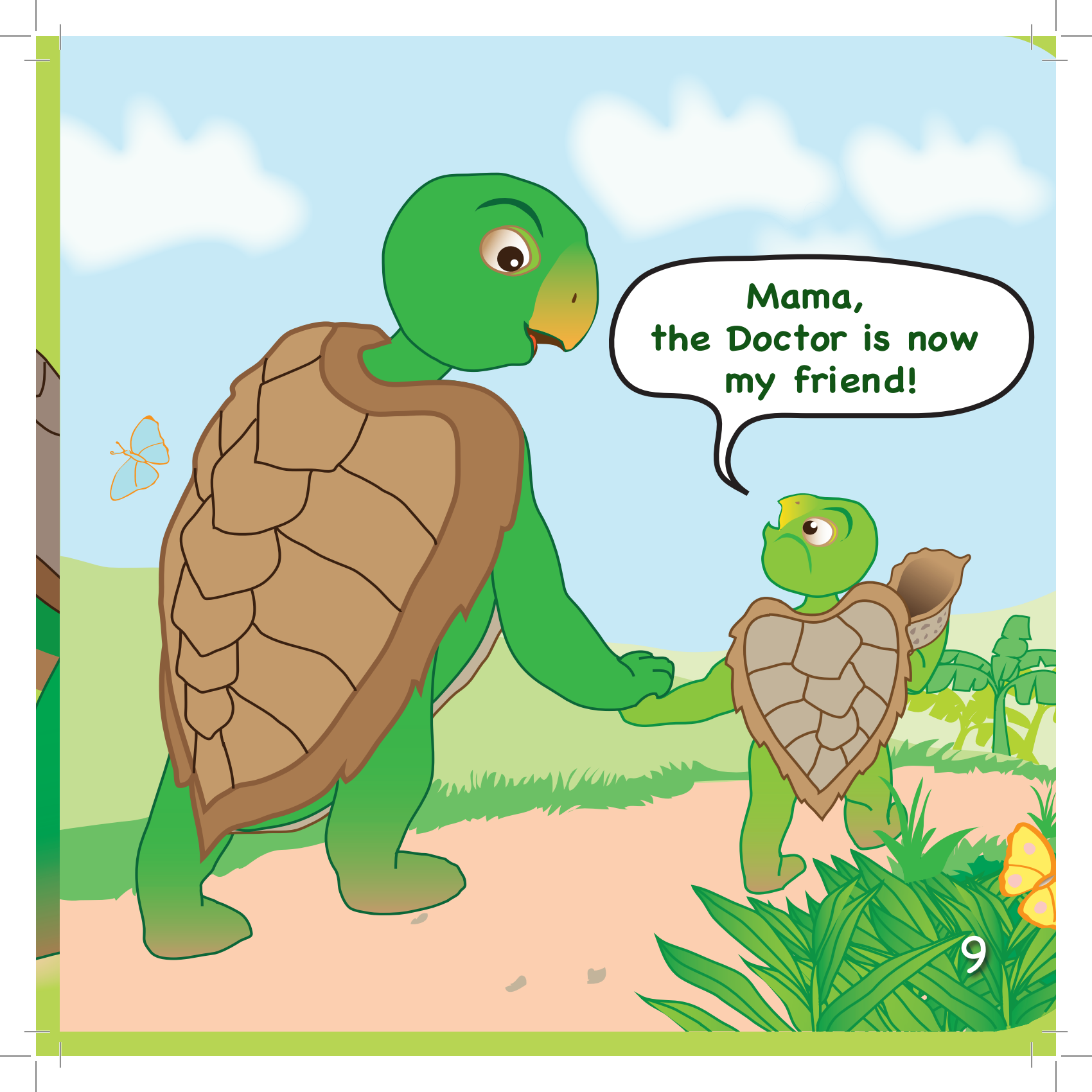
TIK!

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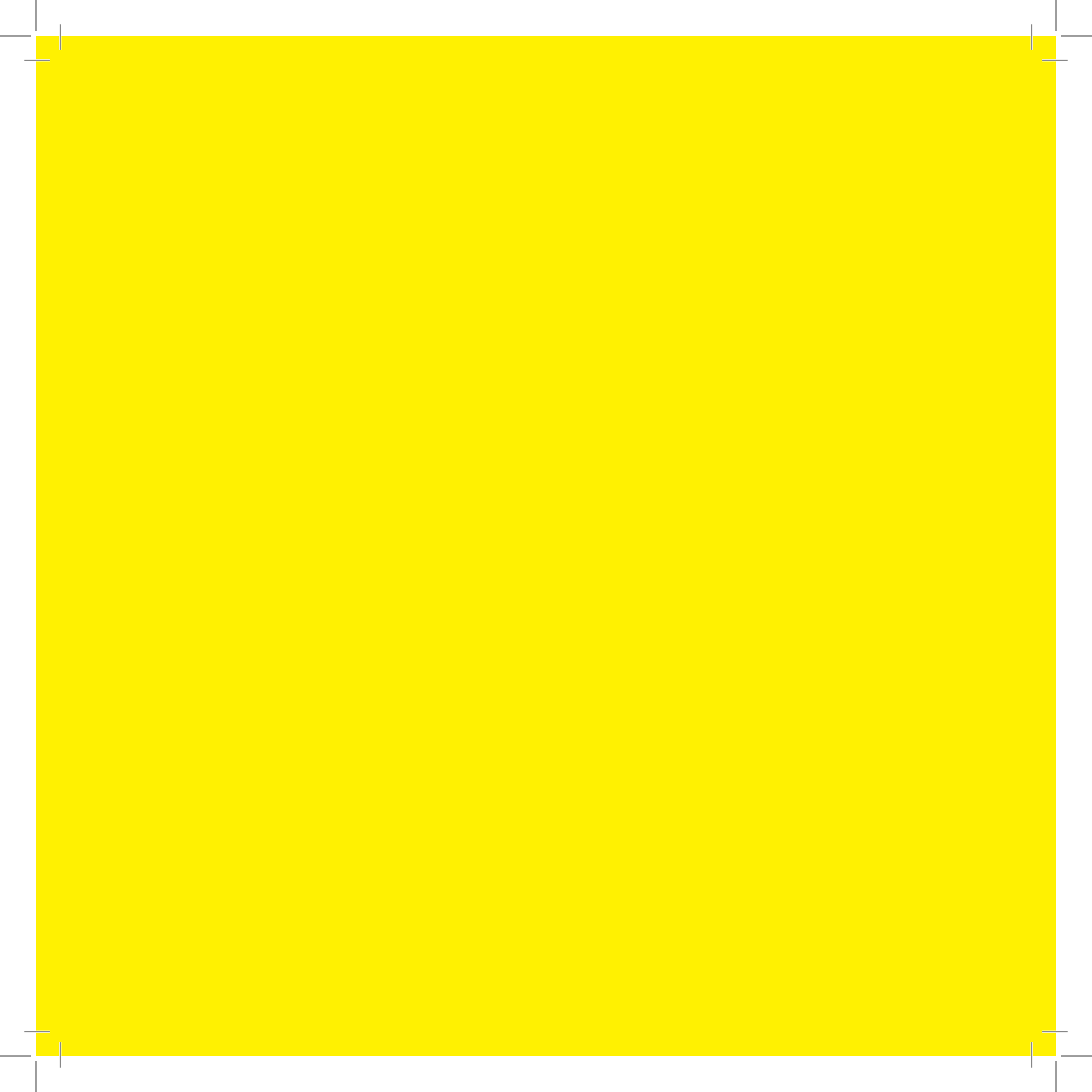
You blew very well!

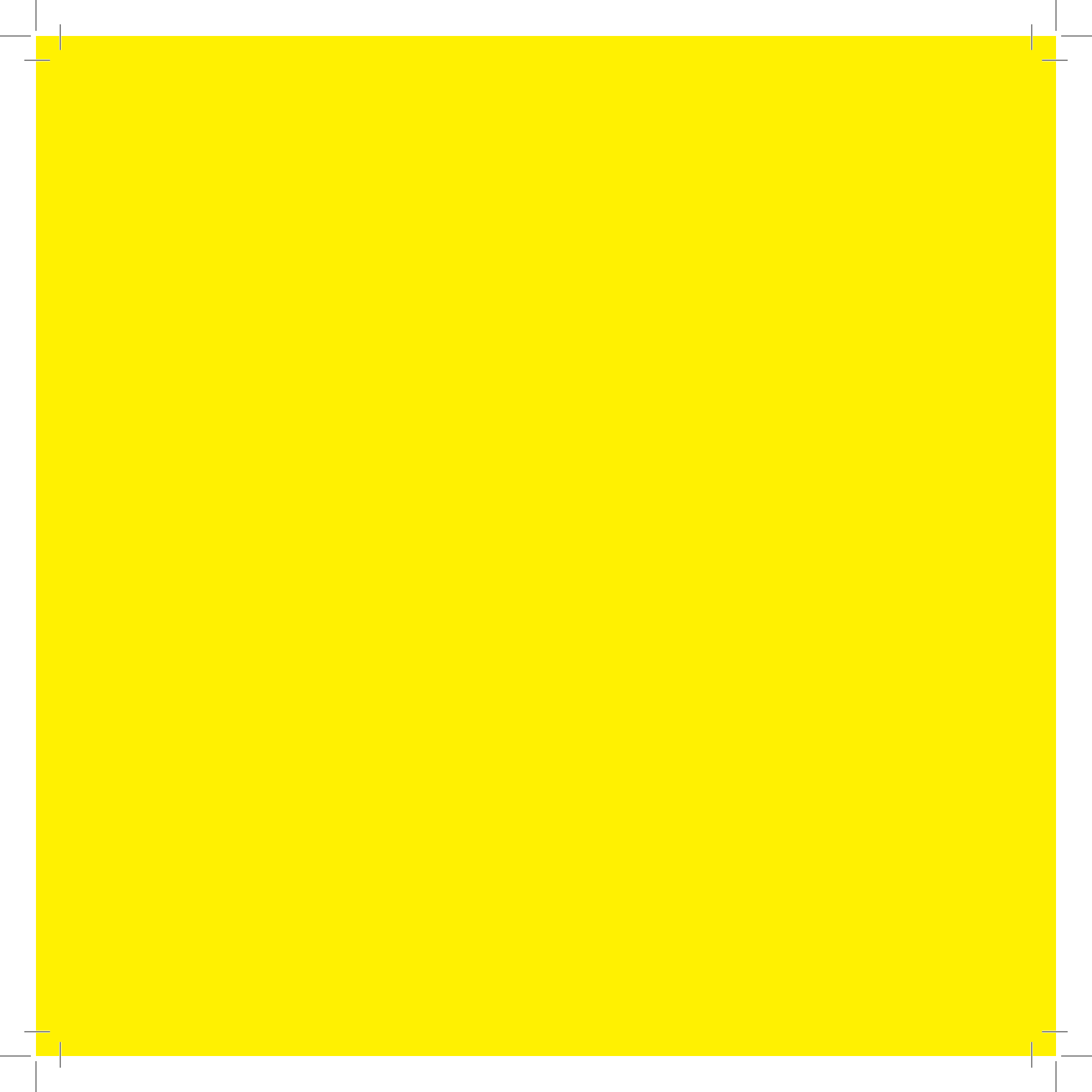
Thank you  
Doctor!





Mama,  
the Doctor is now  
my friend!





*This book was originally developed by participants in a workshop in Vanuatu after Cyclone Pam to help children deal with the trauma of cyclone and discuss their feelings and thoughts and find ways to better cope. Ministry of Education and Training in Vanuatu and UNICEF Pacific facilitated the development of the book and its distribution to children in affected areas.*

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