

CHAPTER 2

The summer dragged on for Seymour. There didn't seem to be much to look forward to, especially one morning when he came down for breakfast.

As he walked toward the kitchen, Seymour stopped in front of the mirror. "Maybe I am too fat," he thought. "Who cares? Why is that so important? I guess I don't see what people see. Sure, kids can be mean. They tease me all the time. But if they only got to know me . . ."

"Seymour, hurry up and eat your breakfast. We're going to see Doctor Grand this morning."

"Awwww Mom, I don't want to go," Seymour moaned. "I don't feel like it. Do I have to?"

"Yes, Seymour. It's not that bad. Doctor Grand always gives you those great stickers. Maybe on the way back we can stop for some ice cream."

Seymour reached into the closet for his shoes. He knew there was nothing a doctor or ice cream could do to make kids stop picking on him.

Deep down Seymour knew Mom was right; Doctor Grand *was* kinda cool. She entered the room with a funny face, and a cheerful "HHELLLLLOOO, Seymour! I'm so glad to see you again!" She measured his height and weight and took his blood pressure. "Next I'll look into your ears and eyes and throat to check for aliens! Anybody in there?"

Seymour giggled. Doctor Grand always made him feel at ease.

"Great! No aliens!" Doctor Grand said. "You are pretty healthy except for one thing. See this chart? Since you were a baby, I have marked down your height and weight after every visit. This tells me how you are growing. Although we want you to grow taller, we want you to focus on your weight. When you are overweight, your heart has to work harder to pump blood and let you do the things you like to do every day."

Seymour was confused and a bit upset. "But Doctor Grand, I don't feel sick," he said. "But I do feel bad when the kids at school pick on me and call me 'fatso.'"

"Hmmm," Doctor Grand muttered. "Seymour, sometimes we can have a problem without even knowing it or feeling it. You are not sick; you are a healthy young boy, and I understand how it can make you feel when the kids at school pick on you.

"But here's the good news: You can do lots of things to help yourself, like eating right, exercising and staying active. Did you know that exercise can help your heart and help to build strong and healthy bones and muscles? It can help you with your weight too."

Help your little **CATERPILLAR** turn into a healthy **BUTTERFLY...**

A reminder that children should receive their recommended immunisations by age 2.

| Age | 1st dose | 2nd dose | 3rd dose | 4th dose | 5th dose | 6th dose |
|-----------|----------|----------|----------|----------|----------|----------|
| 2 months | | | | | | |
| 3 months | | | | | | |
| 4 months | | | | | | |
| 5 months | | | | | | |
| 1 year | | | | | | |
| 18 months | | | | | | |
| 2 years | | | | | | |

While you're here, ask about having your "little caterpillar" **IMMUNISE**

