

EYFS Autumn 2: What do I do if I need help?

Sticky Knowledge

There are lots of people who help us everyday in school and in our community.

We should eat a balanced diet containing lots of different foods to grow strong and healthy.

Different coloured fruits and vegetables give us different vitamins.

You should call 999 in an emergency. This number is for the police, ambulance, fire service and coast guard.

There are around 300 bones in children's bodies but only bones in 206 adults' bodies.

You should visit the dentist every 6 months to get your teeth check. You can do this for free!

You should brush your teeth twice a day; once in the morning and once in the evening.

Royal Mail deliver 2.8 billion parcels a year across the UK. That is a lot of post!

If you see an emergency vehicle with flashing lights and a siren that means they are on their way to help people in an emergency situation.



Key Texts

Mog and the V.E.T. by Judith Kerr
 Doctor Ted by Andrea Beaty
 Dot the Fire Dog by Lisa Desimini
 No Dragons for Tea: Fire Safety for Kids and Dragons! by Jean E Pendziwol
 Burglar Bill/ Cops and Robbers/ The Jolly Postman all by Janet and Allan Ahlberg
 The Lighthouse Keeper's Lunch by Ronda and David Armitage

A range of non-fiction text made by staff

Topic Vocabulary

vet	A doctor who looks after animals.
surgeon	These doctors carry out medical treatment that require an operation.
prescription	This is an order of medicine that a doctor has written to help a patient get better.
optician	An optician will examine your eyes to check their health. They can also identify if you need glasses.
librarian	They work in the library and can help you choose a book and check out the books on the library's computer system.
postman	They deliver you post (letters and parcels). They can use a van, a bicycle or walk from house to house to deliver the post.
emergency	A serious situation or sudden crisis that calls for fast action.
hospital	A place to get treatment is you are sick, pregnant or need an operation.
x-ray	This is a machine that take photographs of your bones. The doctor will check these to see if any are broken .
appointment	This is a scheduled meeting with a doctor, dentist or optician