### Introduction:

A majority of children have negative connotations associated with doctors and other medical professionals. Fear can be augmented by peers and personal experiences with doctors’ offices and hospitals. The study, “Minimizing Pediatric Healthcare-Induced Anxiety and Trauma” by Julie L. Lerwick (2016) shares that one of the most effective methods to diminish fear is knowledge and positive exposure.

“ABC It’s All Medical To Me” is a book written for children ages five to eight years old. The goal of the book is to increase positive exposure and children’s knowledge of common illnesses and diseases. Combining a picture book with paragraph style reading challenges young readers to increase their vocabulary while simultaneously learning new medical information.

### Objectives:

1. The primary objective of this book is to decrease fear and anxieties associated with doctor and emergency room visits that instill angst in children ages five to eight years old.

2. The second objective of this book is to increase the medical knowledge of the child reading the book “ABC It’s All Medical To Me.”

### Methods:

An ABC paragraph text and picture book is an optimal format to relay medical information to the established target population. Complete with an alphabetical index, the book highlights difficult medical vocabulary words found throughout the text. Discussing illnesses and diseases, the book explains them in words, colors, and pictures that are relatable to young children.

### References: