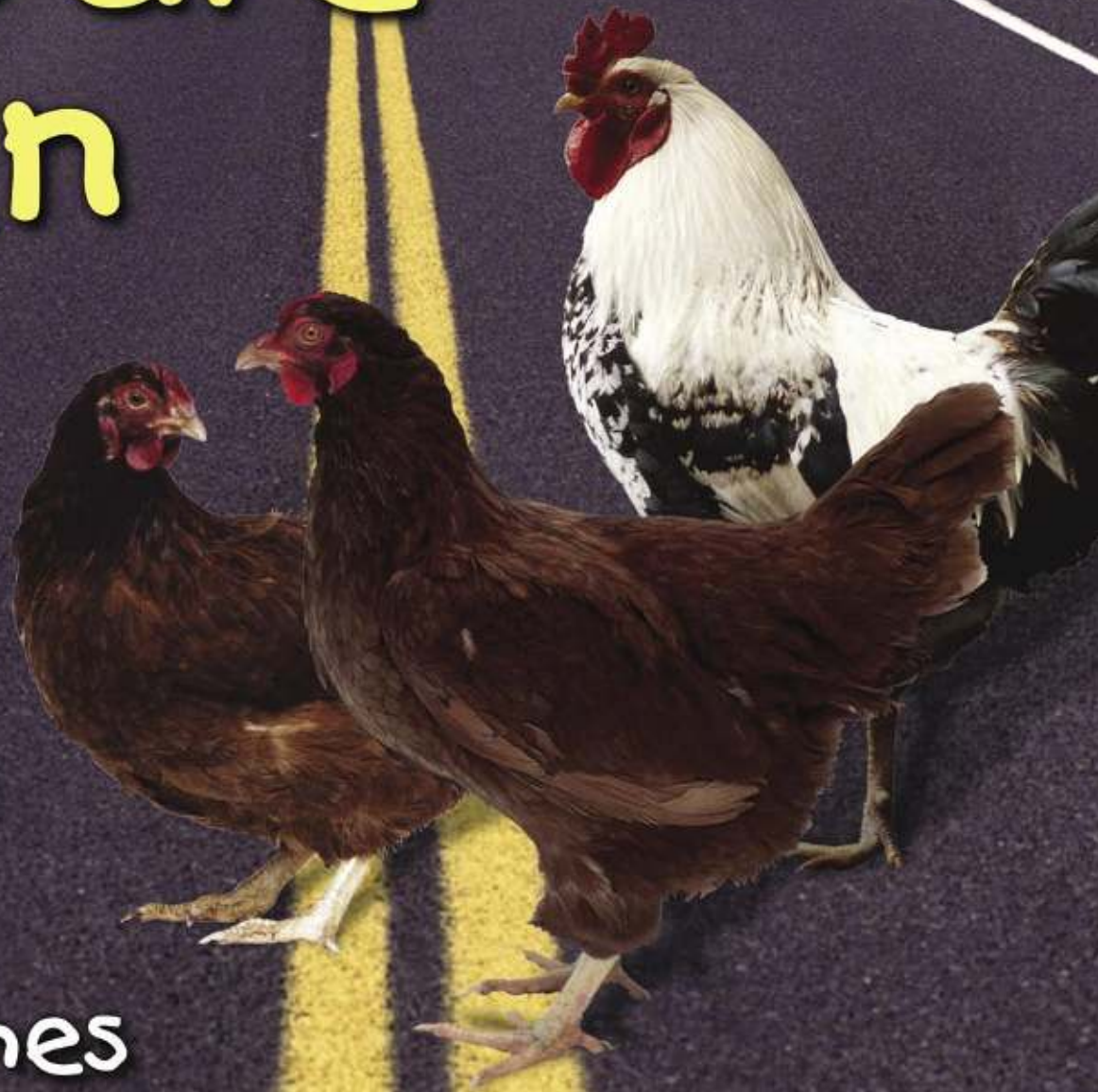


Helen is Ten: A Safe Hen



By James
Schaller, M.D. with Justin Schaller

Helen Is Ten: A Safe Hen

By James Schaller, MD

James Schaller is a creative and prolific author,
who publishes in 16 areas of medicine.
Dr. James is a child, adolescent and adult psychiatrist,
and specializes in hard to treat problems.
He treats patients in the U.S. and all over the world.

Dr. James lives with his family in Florida.
He enjoys writing silly children's books with a message.

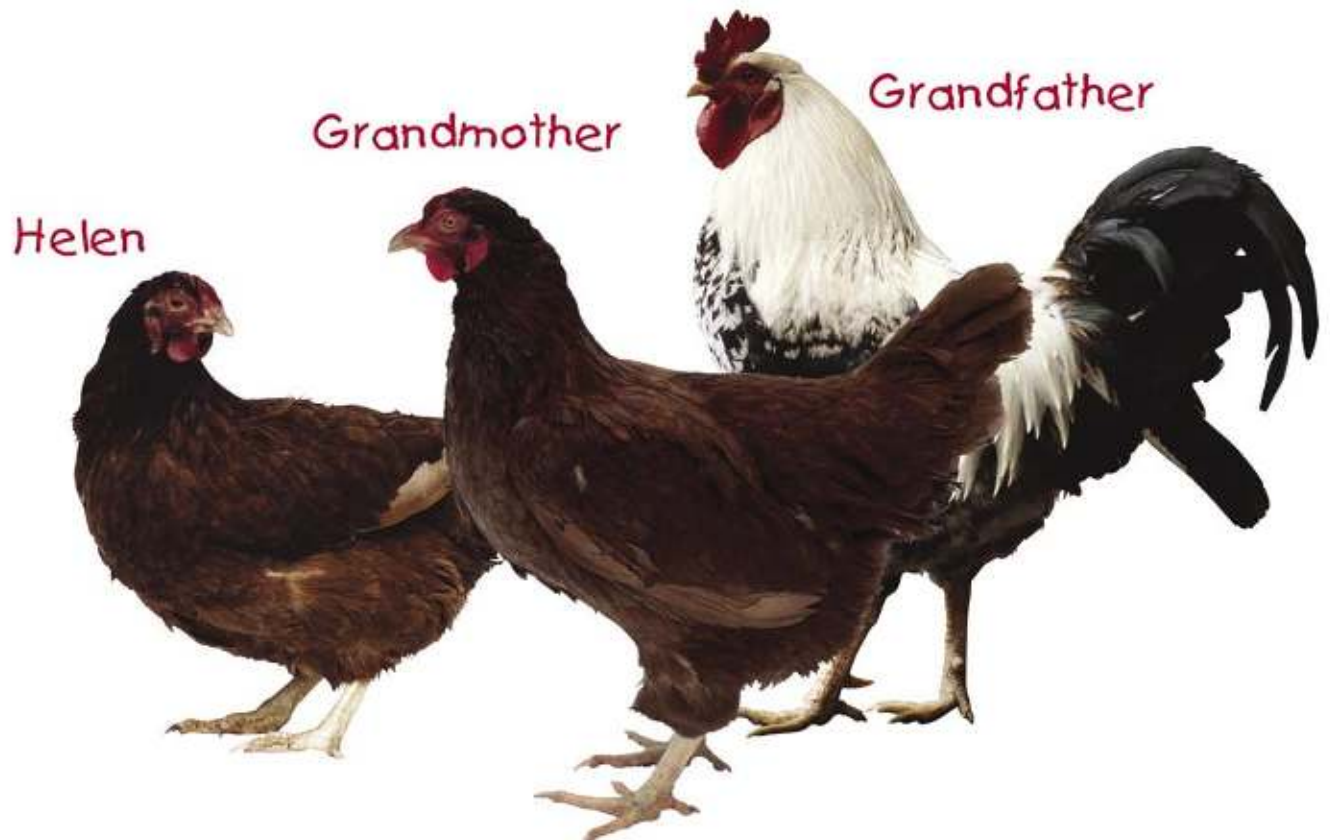
Be sure to buy his whole collection of
books for your children at your favorite bookstore
or as an e-book at www.personalconsult.com.

Dr. James also offers hundreds of cutting-edge
medical articles on his web site.

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Helen is ten. She is a smart hen.

She has smart grandparents.
They are both 103.



She said, “Grandmother,
how did you get to be 103?”

Her Grandmother said, “First, by being
safe and listening to wise old hens
like me.”



Helen is smart. So she asked
how to be safe.

Helen did not want to get a bump
on her nose, or fall on her rump.

I do not want
to fall on *my* rump!



“Grandmother, please teach me how to be safe,” Helen said.

“I would be happy to teach you how to be safe, my little dear,” Grandmother said.



“First, learn about streets.”
Grandmother said.

“Some hen drivers are wild
and not careful when they drive.”

“Other hen drivers stay up too late,
do not get enough sleep,
and fall asleep when they drive.”



“Some other hen drivers eat or talk on their phones, as they drive their hen cars home.” Grandmother said.



“And some forget their glasses,
so they can’t see the road on
their way home.”



“So you have to stay far off the street, when these hens are driving home, eating, sleeping or talking on their phones,” she said.

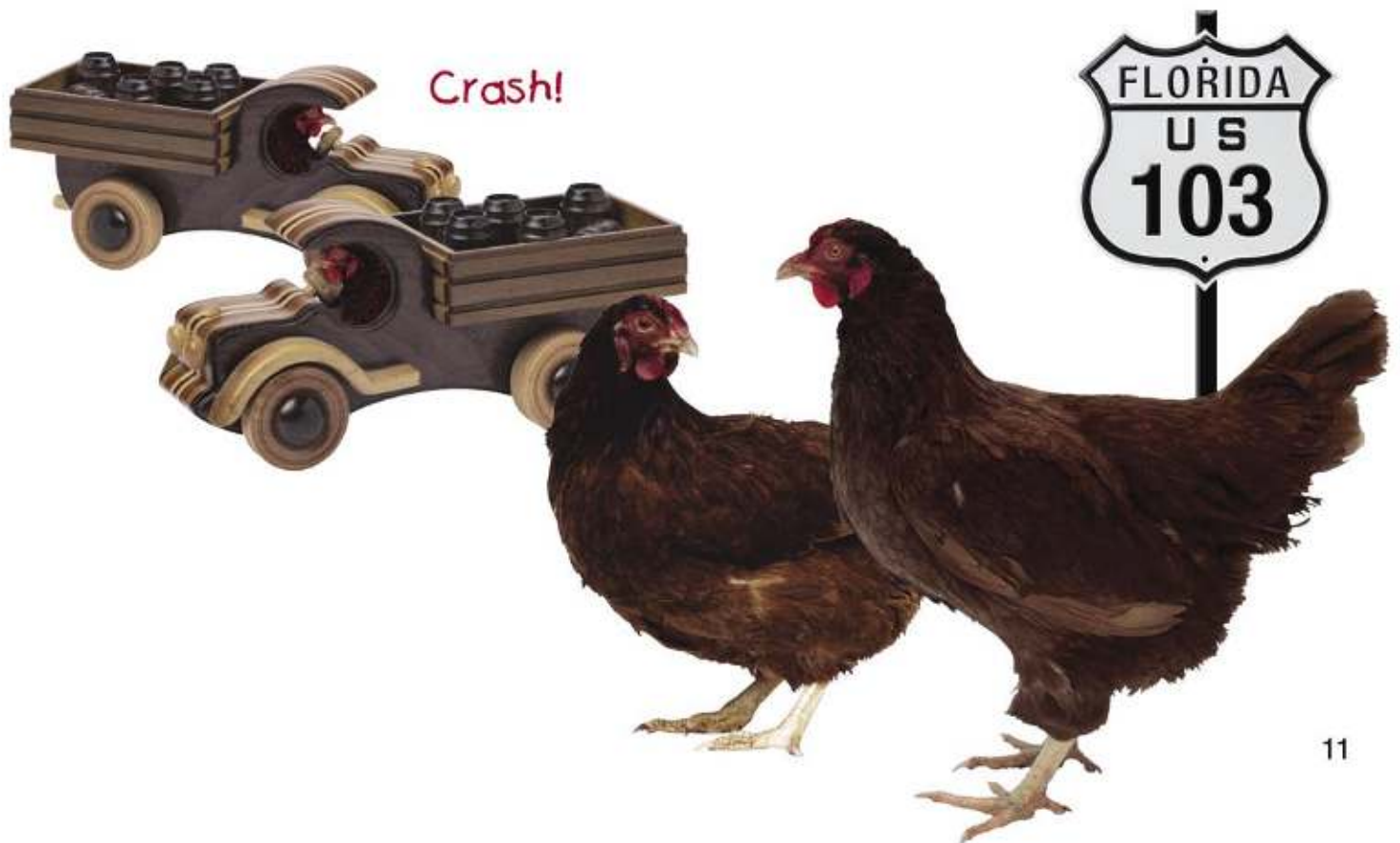


“The next way to be safe, is to wear your seatbelt,” Grandmother said.

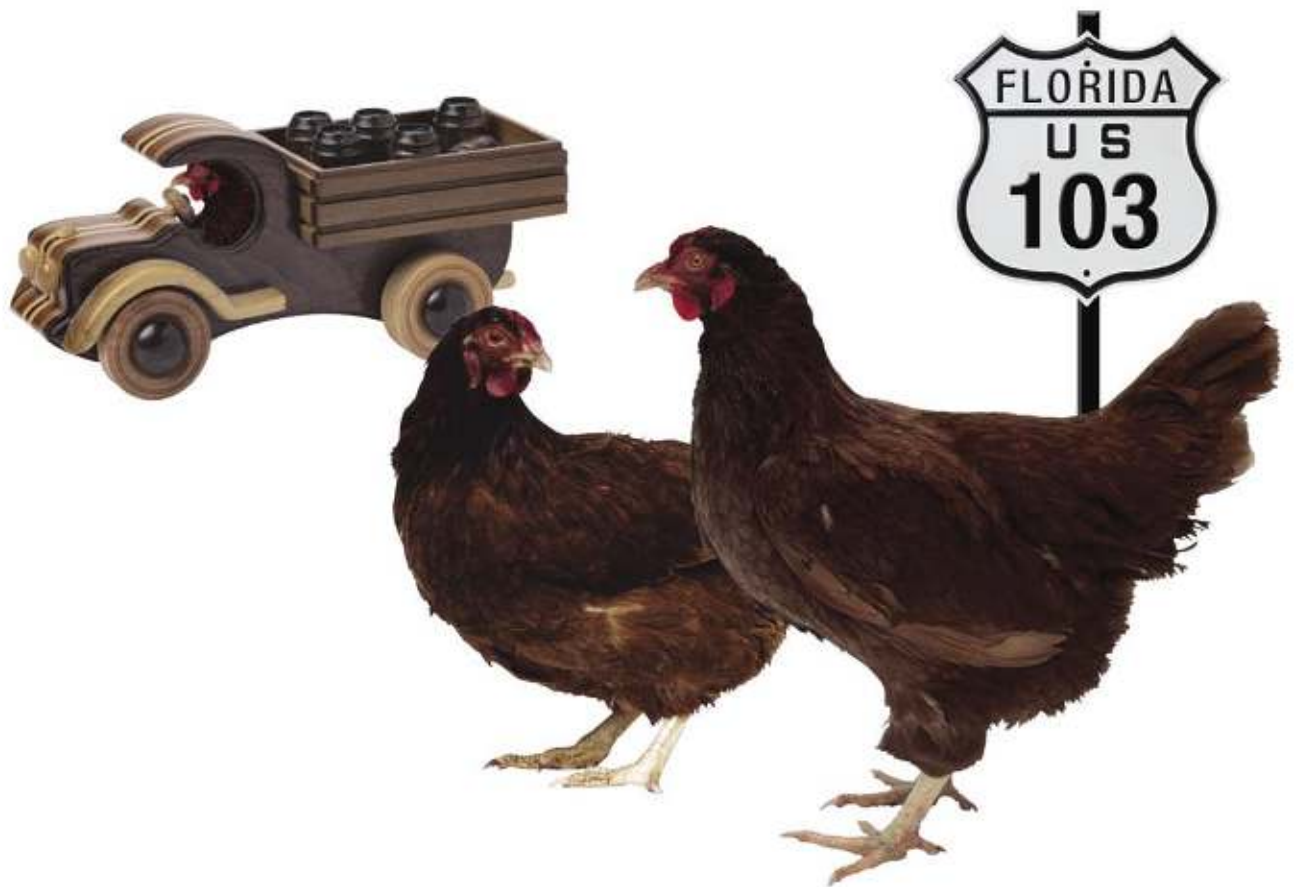
I have my
seatbelt on!



“So if your car is hit by another car,
you will not get hurt.”



“The seat belt will hold you in place,
and you will be very safe,” she said.

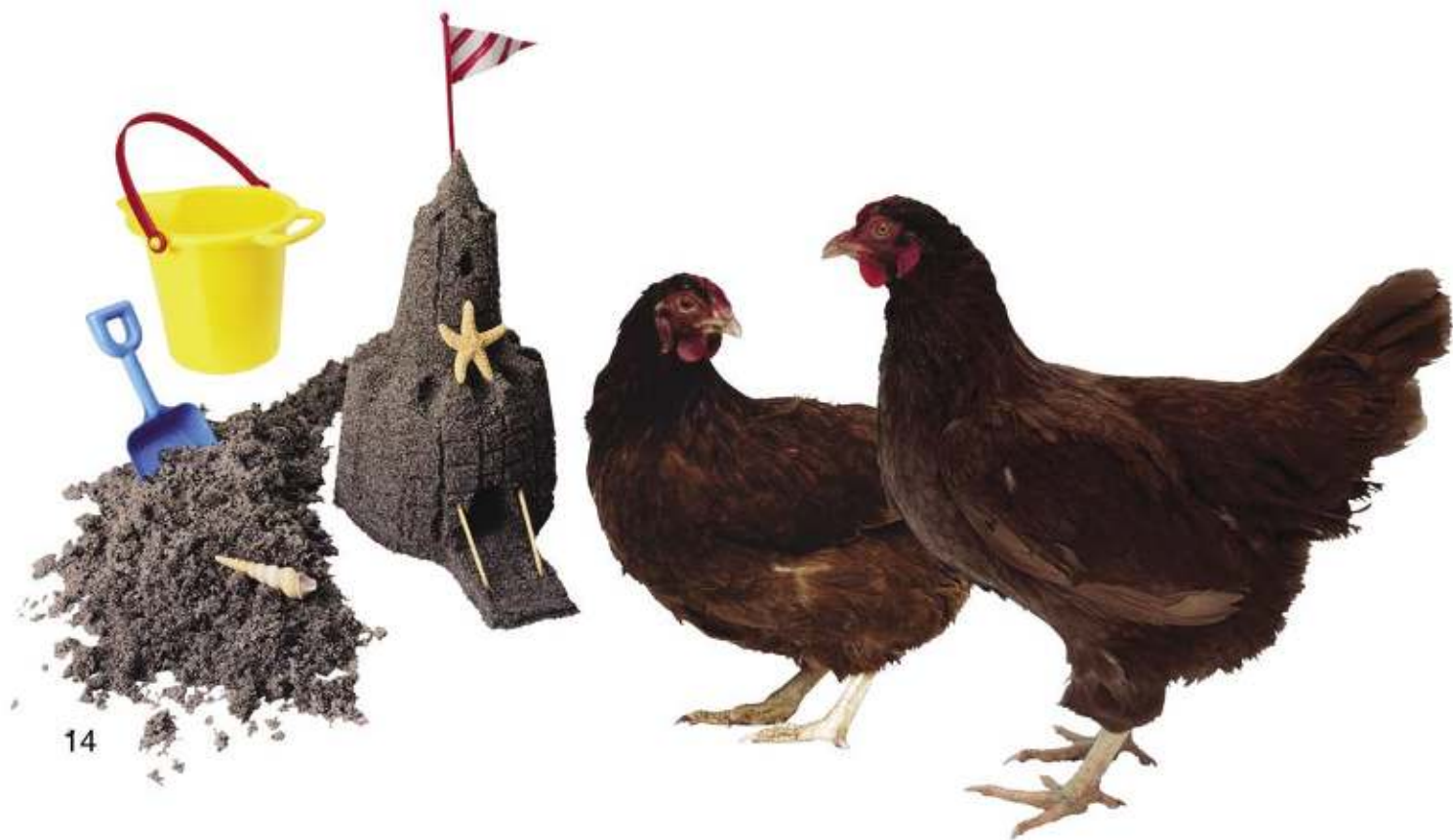


“How can I be safe when I go swimming?” Helen asked.

“How can I be safe at a pool or lake?”



“If you play in pools, the ocean or a lake,” Grandmother said, “Make sure an adult is near. Then you have nothing to fear.”



“And if a lifeguard is near, make sure you listen and can hear,” Grandmother said with a smile.

Life Guard



“And only swim with a buddy near,
my dear.”



“And never dive into the water head first, since you could bang your head,” my Grandmother said.

Oh no! Not head first!



“If you do you will go to bed
with a very sore head.”



Ohhhh ...my head!

“Another lesson for you to learn is simple. If you ever feel ill and sick, do not take medicine on your own at home.” Grandmother warned.



“Why?” Helen asked.

“Medicine is only safe at a special child size,” she said.



“If you take what you wish,
you could get really sick,” she warned.



My tummy hurts.
I feel really sick.

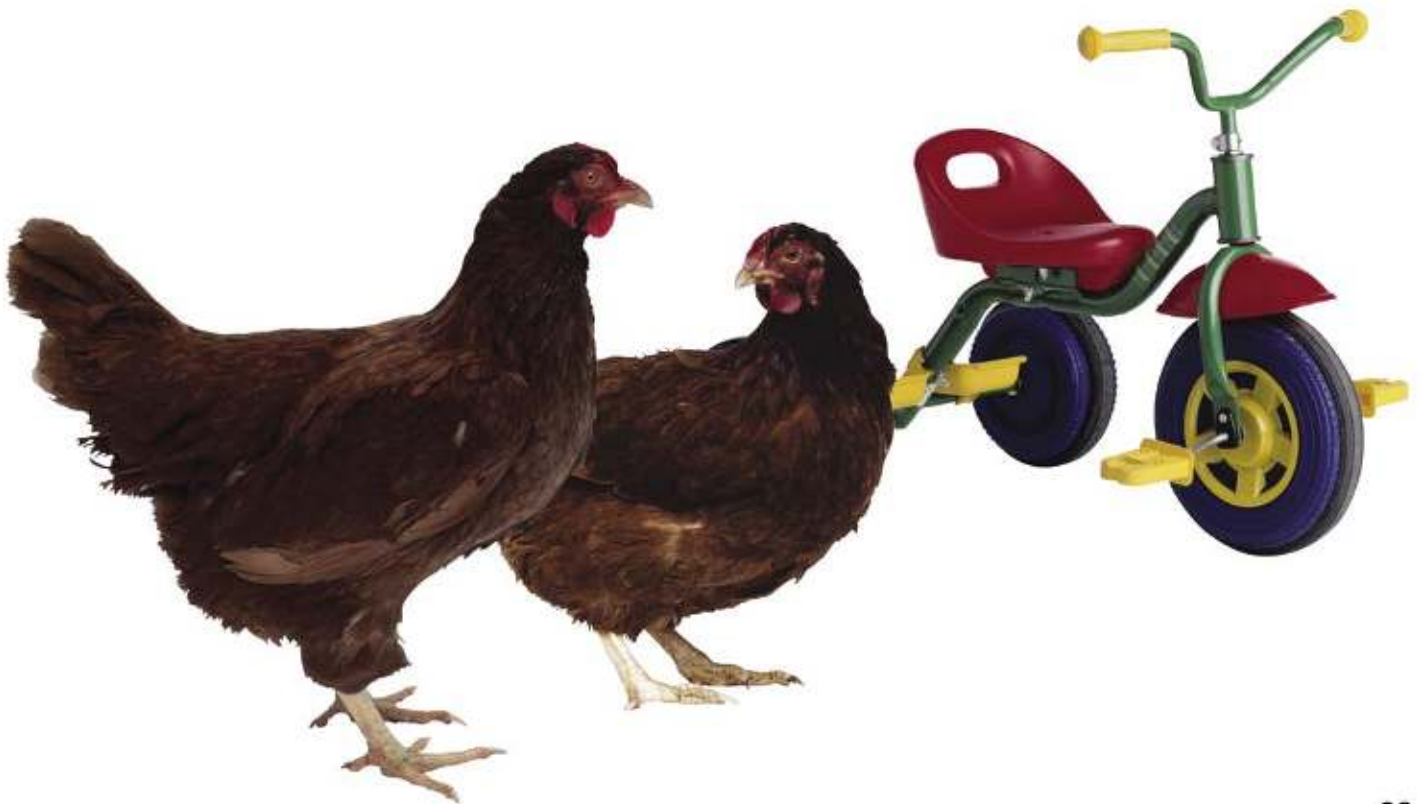
“So only let an adult give medicine to you, so you will feel better, and not turn green or blue.”

I took the
wrong medicine.
Now I feel worse!



“Have I learned enough to be safe?”
Helen asked her Grandmother.

“We are not through,” she said.
“I have a little more to teach you.”



“It is important to know, that some bad kids want to put on a show. They think showing off a gun is fun, but they are really dumb.

Please listen close to me child, these kids are fools and a gun is not cool,” she said.

I am in big trouble.
I must get an adult
to take this away.



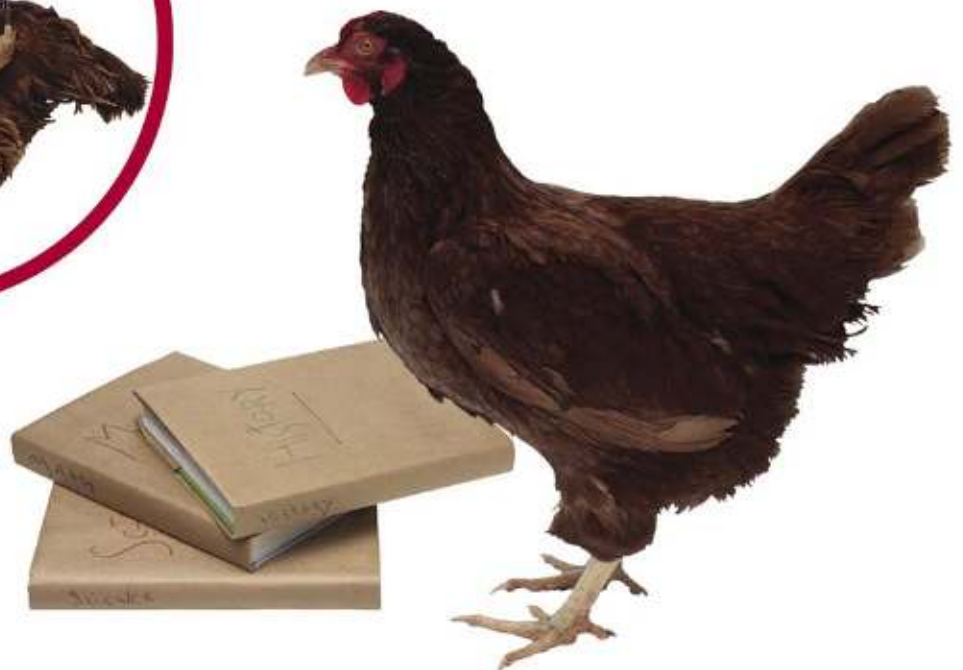
“So never touch a gun, because
it can easily go off by itself,”
Grandmother said.



We will never play with a
bad kid with a gun. Never!



“Kids who show off a gun to be cool,
get in big trouble in hen school,
and get hurt and hurt people,”
Grandmother said.



"Are you listening to me?" she said.

"Yes, Grandmother," I said.

"I am not a fool. I know guns are dangerous and not cool."



“I have another lesson to keep you safe,”
Grandmother said.

“You should never go with a stranger
any place. Only go with a person
you know, like a relative or a
close friend of your parents.”



You do not know that hen,
get away from him!



“Another lesson is a little weird, but you need to know it. If anyone touches you in your private place, in your pants, tell your parents and me.

It is not safe for adults to touch your private place,” she said.

“Private parts are only touched quickly to get you clean. I know this is weird, but some bad adults do it.”

“I understand!” Helen said.



“Another thing you should not do is a ‘dare.’ Doing ‘dares’ is not safe for you.”

“When I was a little girl hen, a bad boy named ‘Tommy,’ dared me to jump from a tree, I could not fly and hurt my thin bird knee,” Grandmother said.



Mommy, what a
dumb thing for
me to do!

“It was not fun for me.
I cried and called for my ‘Mommy.’”



Mommy. I fell.
Can you help me please.

“Some older kids will bring alcohol and drugs to school.

These goofy dumb birdbrains think it is cool. But alcohol and drugs hurt them, and they have trouble in hen school.”
Grandmother said.



“Now my child you have
learned enough.

It is time for a tasty lunch,”
Grandmother said.



“And your mom told me to give you a vitamin with your seeds.”

“Why does my mom give me vitamins?”
Helen asked.

“She gives them to you so you will grow strong, and your beak will grow long,”
Grandmother said.



“If you do all these things, you will be safe. You will have healthy wings, and a nice beak,” Grandmother said.

“You will be healthy and happy like me. And live to be a 103!”
Grandmother said.

Be safe and do what I
told you and you can
live to be 103.

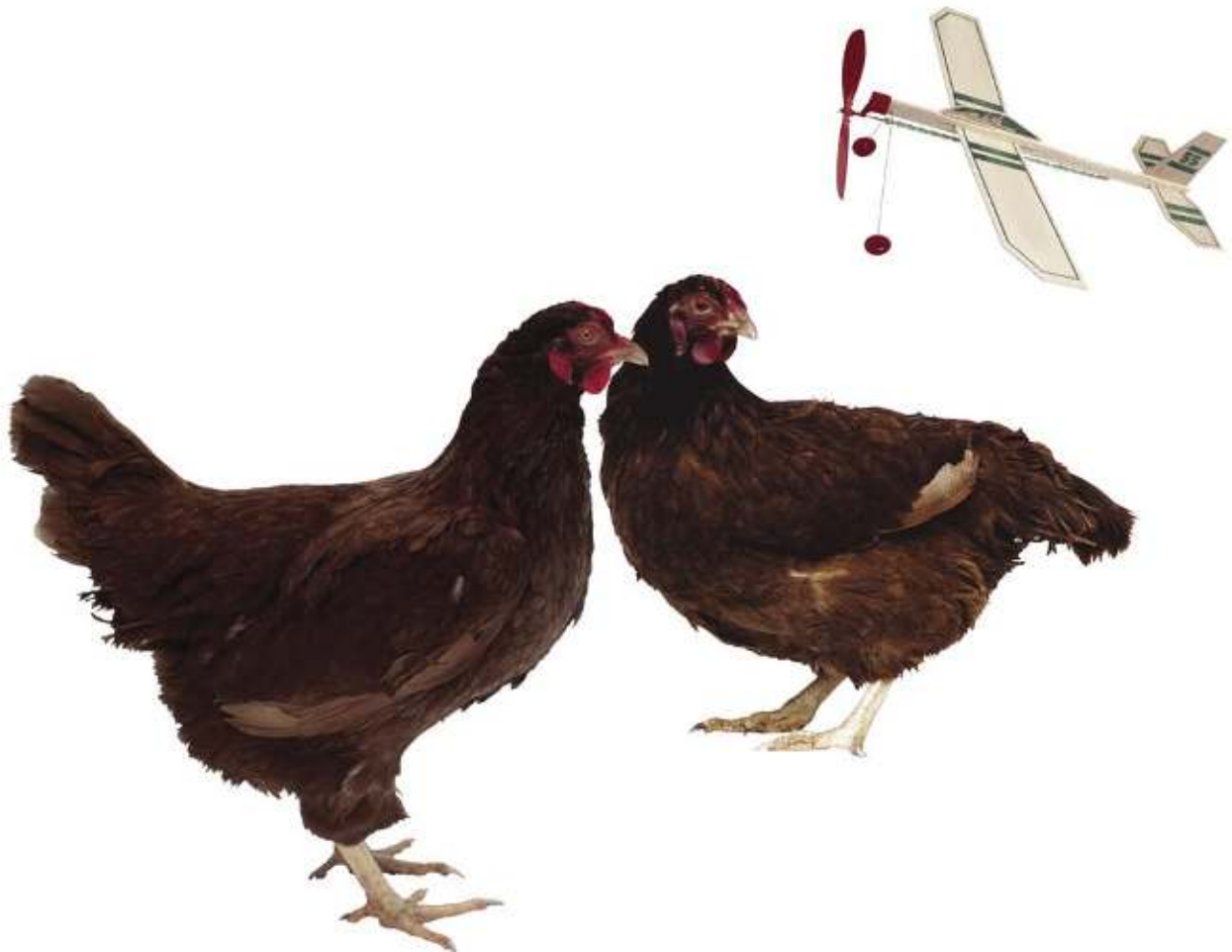
I can do that!



And then Helen's Grandmother
laughed. She gave Helen a hug,
and a peck on the cheek.

Then they went for a walk on the
sidewalk, safely, far away from
the busy street.

THE END





Dr. James Schaller is the author of fourteen books. He is a highly creative therapist and physician, who cures and comforts children from all over the world. His message to children is that they are never alone and are deeply loved. True love for a child includes teaching them how to prevent injury. In this playful book, Dr. Schaller teaches children in their own language

how to prevent common accidents.

“Dr. J.” knows and loves children. His care includes many medical breakthroughs to help children—discovering a “cure” for a rare blood cancer, and creating transdermal creams for the painless treatment of fever, nausea, joint damage, diarrhea, panic attacks and infections. Dr. Schaller works to heal children with behavior problems as well, including through, ***When You Are Losing Your Mind Over Your Child: 100 Real Solutions***, which offers powerful answers for parents who know “something is being missed.”

Dr. Schaller is a specialist in child and adolescent psychiatry. He is published in many top journals in pediatrics, neurology, psychology and medicine. His writings have been translated into many languages.

“Dr. J” also knows that without lightness and laughter, children are bored. He will do almost anything to make a child laugh, including dancing and singing in his office, to the delight of young children. “What music is more lovely than hearing your child laugh?” he asks parents.

Visit www.personalconsult.com where millions have read his helpful ideas.

Dr. Schaller resides with his wife and children in Florida.

Do you want to teach
your child safety?

Want a story that
comforts your child?

Looking for a story
that makes your
child feel loved?

Do you want to hear
your child laugh?

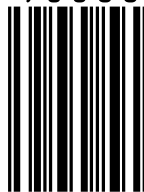
*This playful story teaches
children safety lessons
in a memorable and
clear manner.*

*Children learn how to avoid
common injuries by seeing
the pitfalls through silly
pictures and a fun story.*

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