

# Foundations

## Why Do We Go to the Doctor?

*Best for ages 2-8. The goal of this discussion is to help children understand the idea of “experts.”*

As humans, we tend to forget that simply because we don't understand something, does not mean it doesn't exist. We often forget that true wisdom is knowing the extent of one's knowledge: recognizing where our knowledge ends, and our ignorance begins. The younger a child is when he realizes that Hashem is the “expert” in our lives, the better.

Children generally understand that a doctor's role is to help us, even though sometimes we get shots or have other unpleasant experiences stemming from visits to the doctor. Use this concept to help your child(ren) understand that just as we are prescribed specific medication to heal us when we are sick, and we take it daily even though it often does not taste good, all our struggles are “prescribed” by Hashem specifically for our neshama's tikkun. While they may not “taste good” while experiencing them, if we remain faithful to Hashem and we use them to grow, we will emerge greater and stronger than we were before.

Ask open-ended questions to assist your child(ren) with coming to this realization on his/her own. For example:

**Parent:** Why do we go to the doctor?

**Child:** So we don't get sick!

**Parent:** That's right! Doctors help us stay healthy and get healthy when we are sick. What are some things about the doctor you wish he didn't have to do?

**Child** (*may need some coaching depending on age and experiences*): Gives me shots, and the yucky medicine...

**Parent:** That's right! If the shots hurt and the medicine is yucky, why do we still go to the doctor?

Continue with this dialogue until the child really expresses the understanding that sometimes we don't understand how things that hurt can help us but we trust that the doctor knows what he is doing.

This conversation is a great opportunity to help your child begin to learn that just as the doctor is an expert in medicine, an area we clearly know very little about, Hashem in THE expert in the world. It is His world and therefore He ALWAYS knows what needs to happen. Our job is to try to maximize whatever He chooses for us and use it to become the best people we can be.



**Building Our Future Today.**