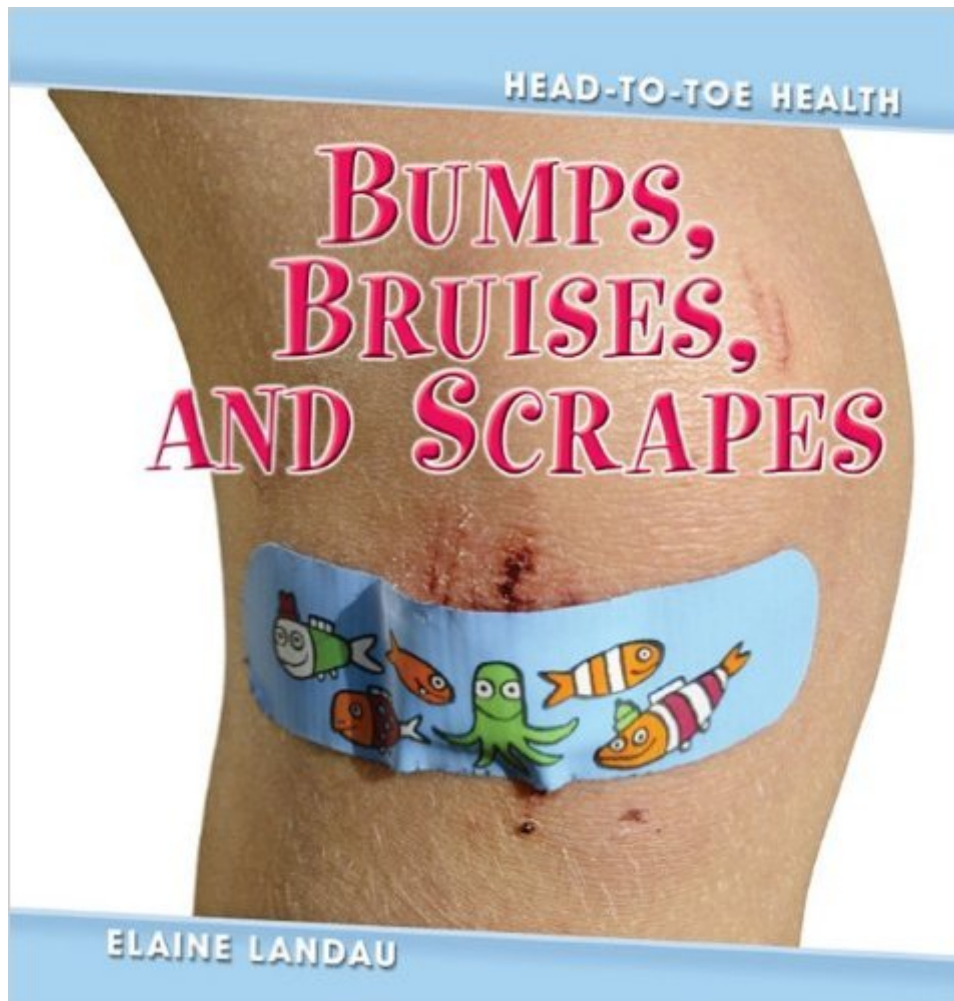


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# Bumps, Bruises, And Scrapes (Head-To-Toe Health)



## Book Information

Series: Head-To-Toe Health (Book 1)

Hardcover: 32 pages

Publisher: Cavendish Square Publishing; 1 edition (September 1, 2008)

Language: English

ISBN-10: 0761428496

ISBN-13: 978-0761428497

Product Dimensions: 8 x 0.4 x 8 inches

Shipping Weight: 8 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #6,003,853 in Books (See Top 100 in Books) #100 in [Books > Children's Books > Growing Up & Facts of Life > Health > First Aid](#) #2415 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#)

Age Range: 7 - 10 years

Grade Level: 2 - 5

## Customer Reviews

Crash, bang, BOOM! You didn't mean to, but after a tumble you feel pretty scraped up, bruised and want to cry. In fact, most kids do. Scrapes are quite obvious, but when you get a bruise it doesn't always show up right away. What happens is that when a bruise begins to form "some of the tiny blood vessels just beneath your skin breaks." The bruise starts to heal quickly and within ten days you'd or so it is gone, but not before it changes colors a few times. The broken blood cells have long since healed by the time the bruise turns that funny greenish color and they break down into tiny pieces that "are taken away by fresh blood and tissue cells." Have you even gotten a fat lip? That's another way your body protects itself. This is when additional blood rushes to the lip to protect it and aid in the healing process. Fortunately you won't look silly forever and the bump will go down. Whenever you get a bump, a bruise or both it's wise to use a cold pack or a cool wet cloth and rest. Now there's the matter of those scrapes that seem to go along with the territory. Sometimes they seem to hurt even more than cuts because a wider area of skin is torn off. After the bleeding stops, but blood starts to clot. After a while it forms a scab to keep germs out. When you scrape your knee, clean it out and then "wash it well with soap and warm water." A dab of antibiotic cream and a bandage and you're all set. This book also talks about how to stay well by eating properly and discusses a few safety issues. This book provides basic information on what happens when a child

receives mild bumps, bruises and scrapes around the house or during playtime. "Owies" are an inevitable part of a youngsters life but knowing a bit about what happens when the inevitable occurs can be a bit comforting. There are a few informative sidebars in the book, a glossary, an index and additional recommended book and web site resources. This is one in a series of six in the Head-to-Toe Health books, one that would be a great addition to the homeschool or classroom shelves!

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