


This book belongs to...

date

adherence

signature




A form with a light blue background and horizontal lines. It is divided into three vertical sections: 'date', 'adherence', and 'signature'. Above the 'adherence' section is an illustration of a doctor in a white coat and a stethoscope, and two children, a girl and a boy, standing together.

date

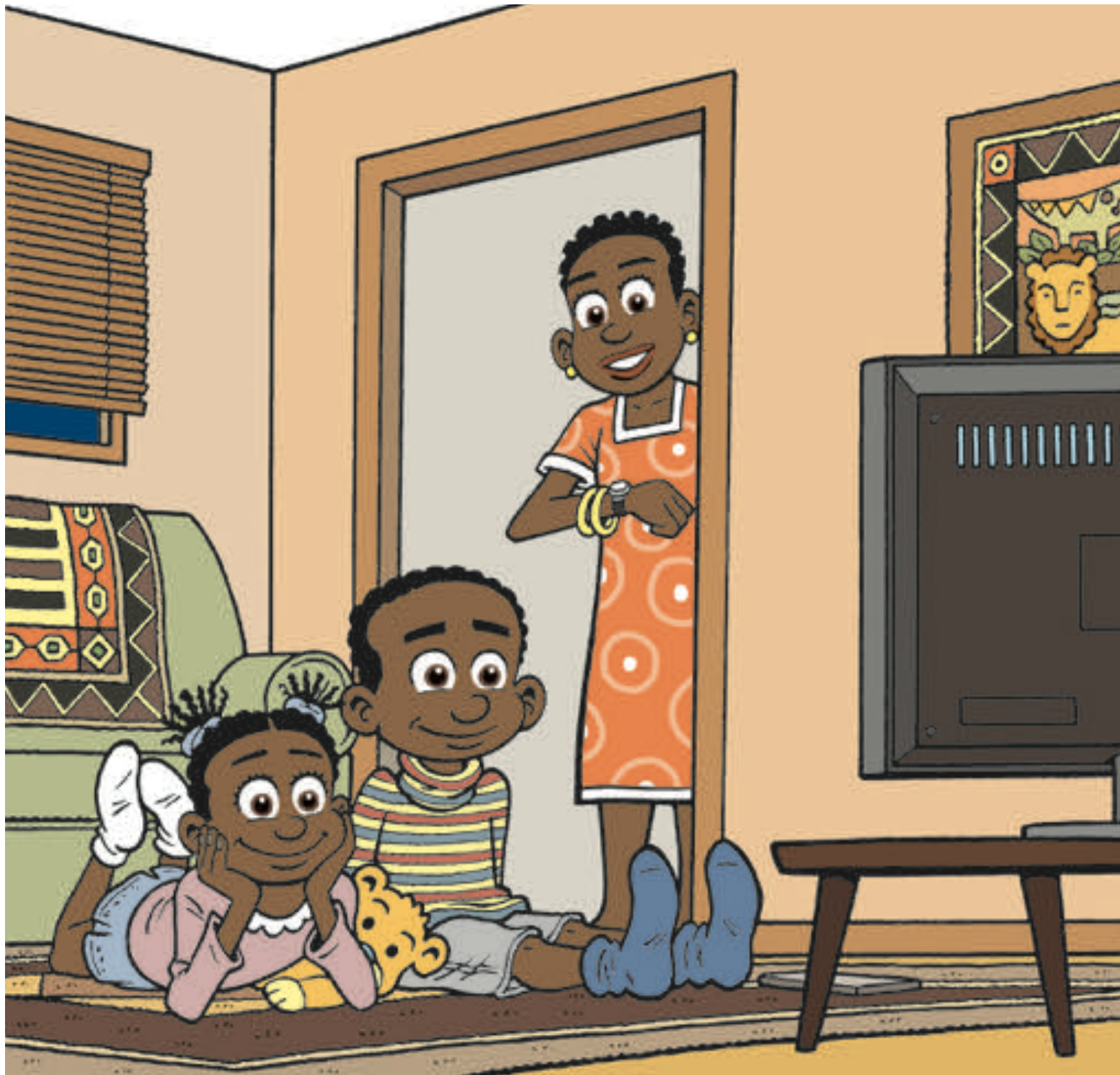
adherence

signature



A form identical to the one on the left, with a light blue background and horizontal lines. It is divided into three vertical sections: 'date', 'adherence', and 'signature'. Above the 'adherence' section is an illustration of a doctor in a white coat and a stethoscope, and two children, a girl and a boy, standing together.

Baylor College of Medicine and Texas Children's Hospital, both located in Houston, Texas, operate a network of clinical centers that focus on child and family-centered healthcare and education in 6 countries in Africa as well as Romania.

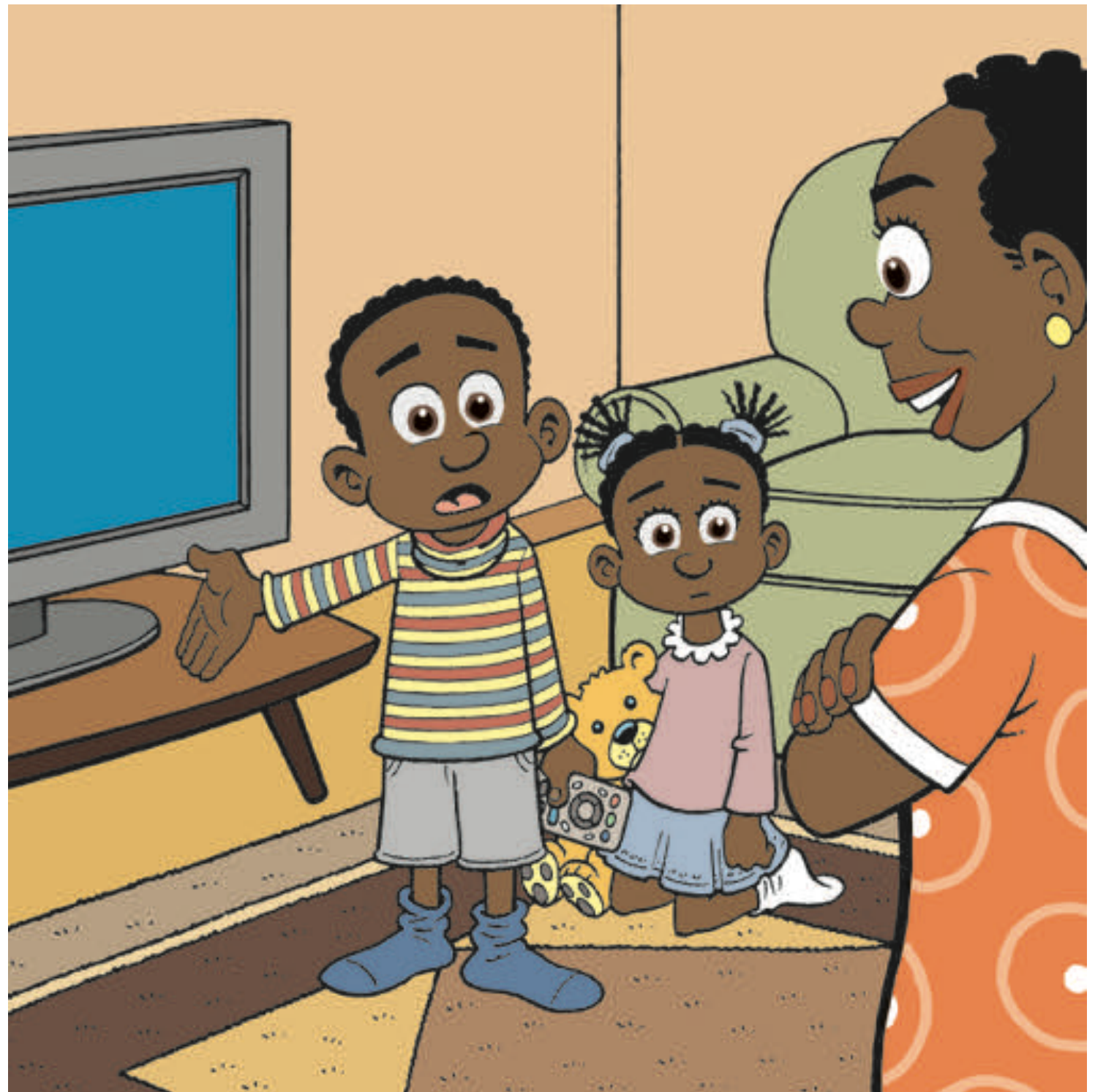


“Kago,
Neo- turn off the
TV. It’s time for
bed.”

“But mother, can’t we watch just a little bit more?” said Kago, a little bit sad.

The children’s mother smiled. “My son,” she said, “you know at 8 pm it is time for bed. You must get a good night’s sleep for school tomorrow.”

“It is time for you to brush your teeth, wash your face, and take your medicines,” she added with a smile. “Come, let’s go.”





“Mother, may I ask you a question?” said Neo while brushing her teeth.

“Of course, my dear, what is it?” replied Neo’s mother.

“Every night before bed, we take our medication. Why must we do this?”

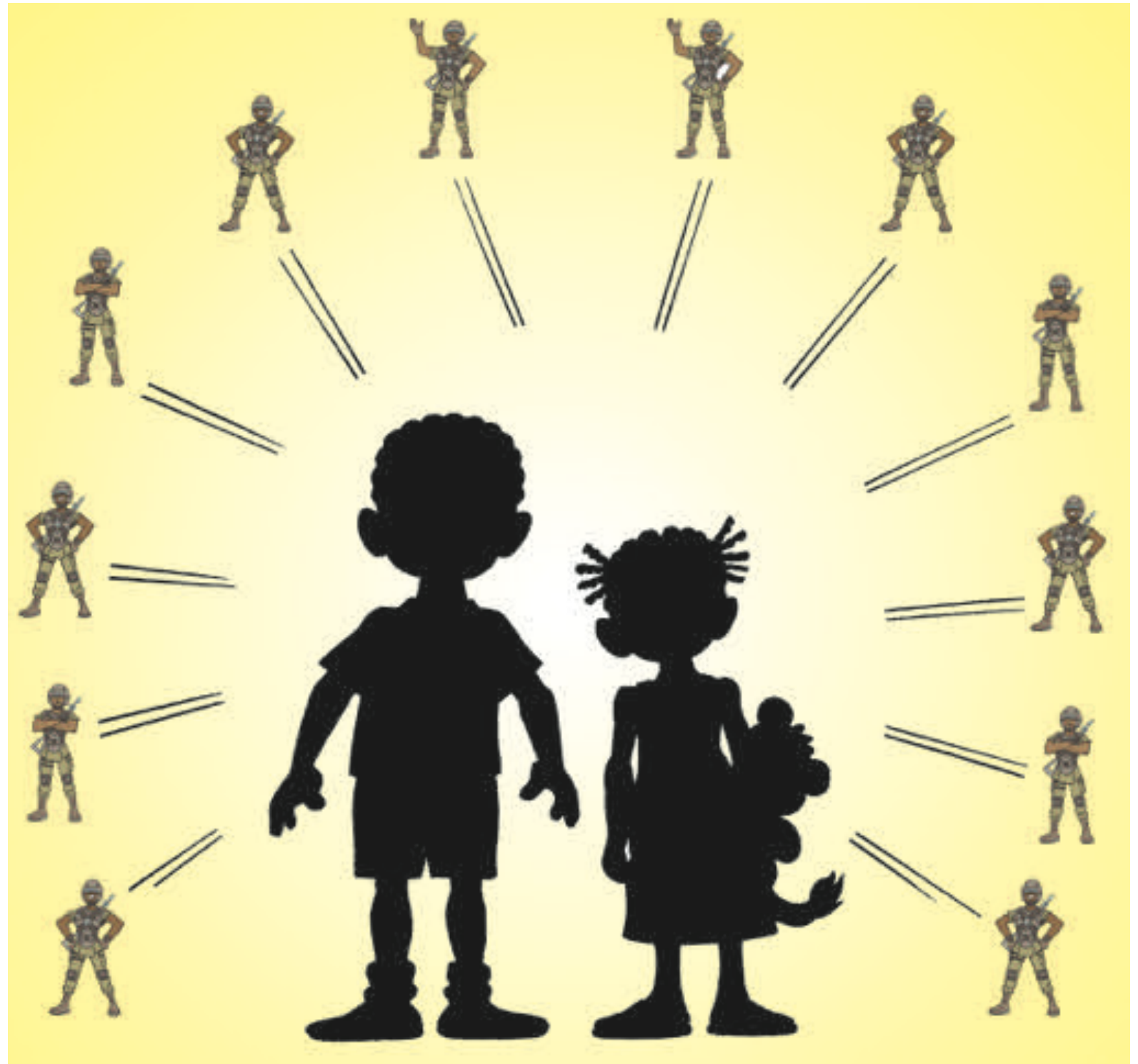


“My children, you must take your medications every day to help your little soldiers.”

Kago, a little confused asked “our little soldiers?”
“Who are they? I have never seen any little soldiers.”

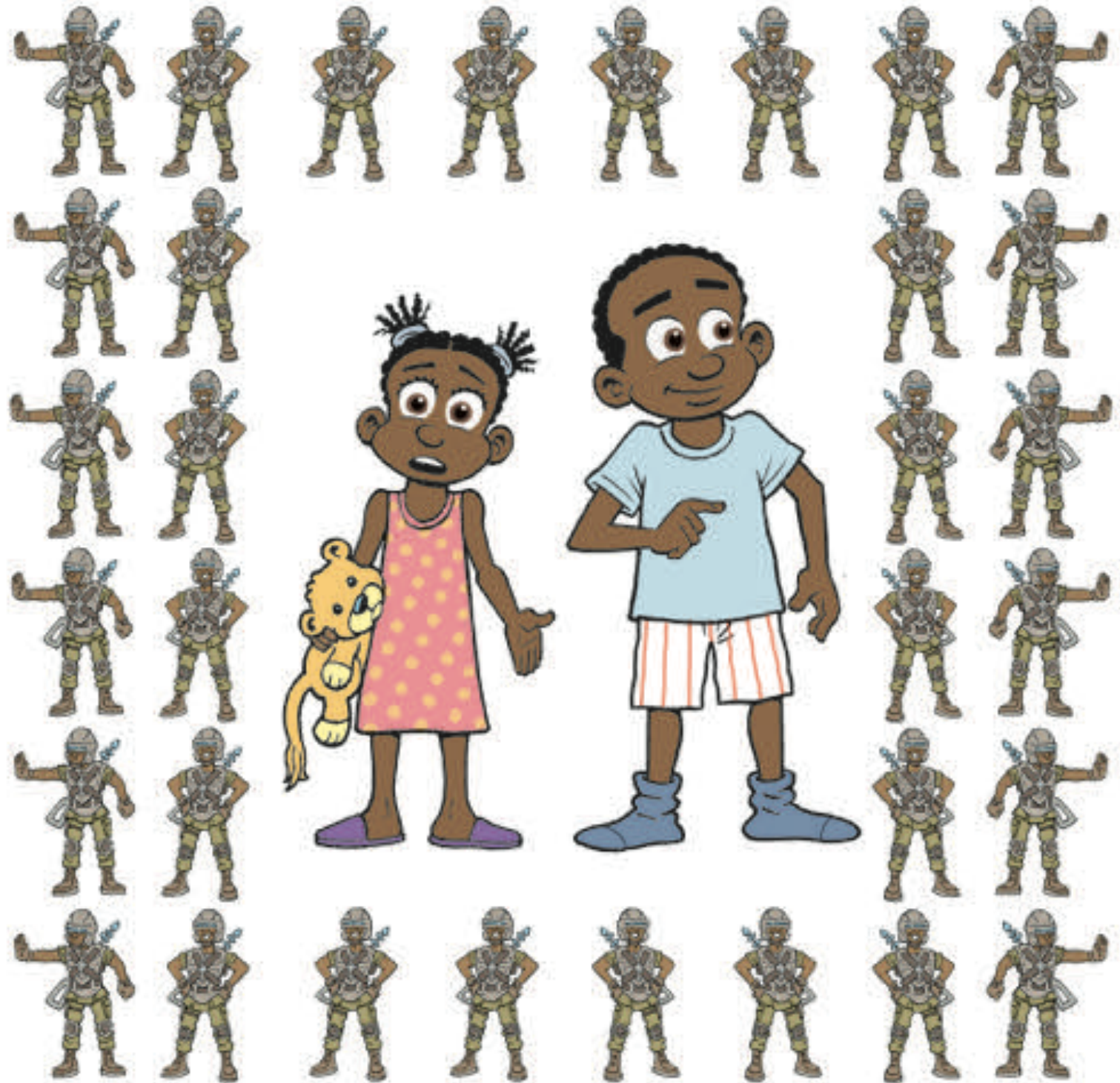


“You are right, Kago,” said the children’s mother.
“You cannot see your little soldiers because they are very, very small.”



“Inside of your body there are many little soldiers. No matter where you go and what you are doing, they are there protecting you.”

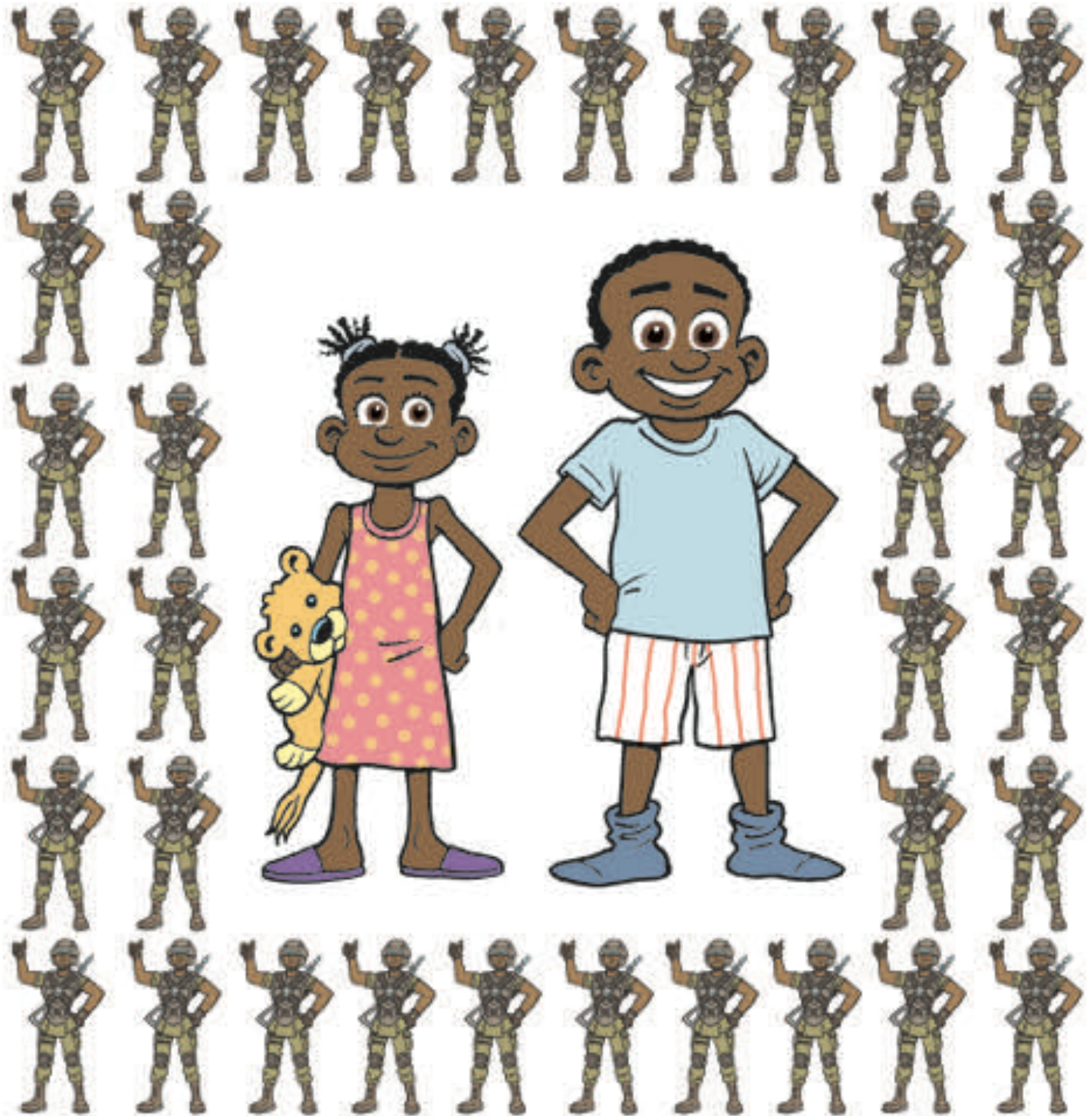
“Protecting us from what?” asked Neo curiously.





The children's mother smiled and started to explain. "Every day, when you go to school and when you play outside, there are small germs and viruses that try to make you sick. Your little soldiers fight all the time to keep these viruses and germs away from you."

“When your little soldiers are winning, you feel well and strong.”





“But there are some viruses that can beat your soldiers,” added their mother.

“When this happens, all the other germs and viruses can defeat your soldiers and win the battle.”

“When you don’t take your medications, your soldiers start losing the battle and you feel sick.”

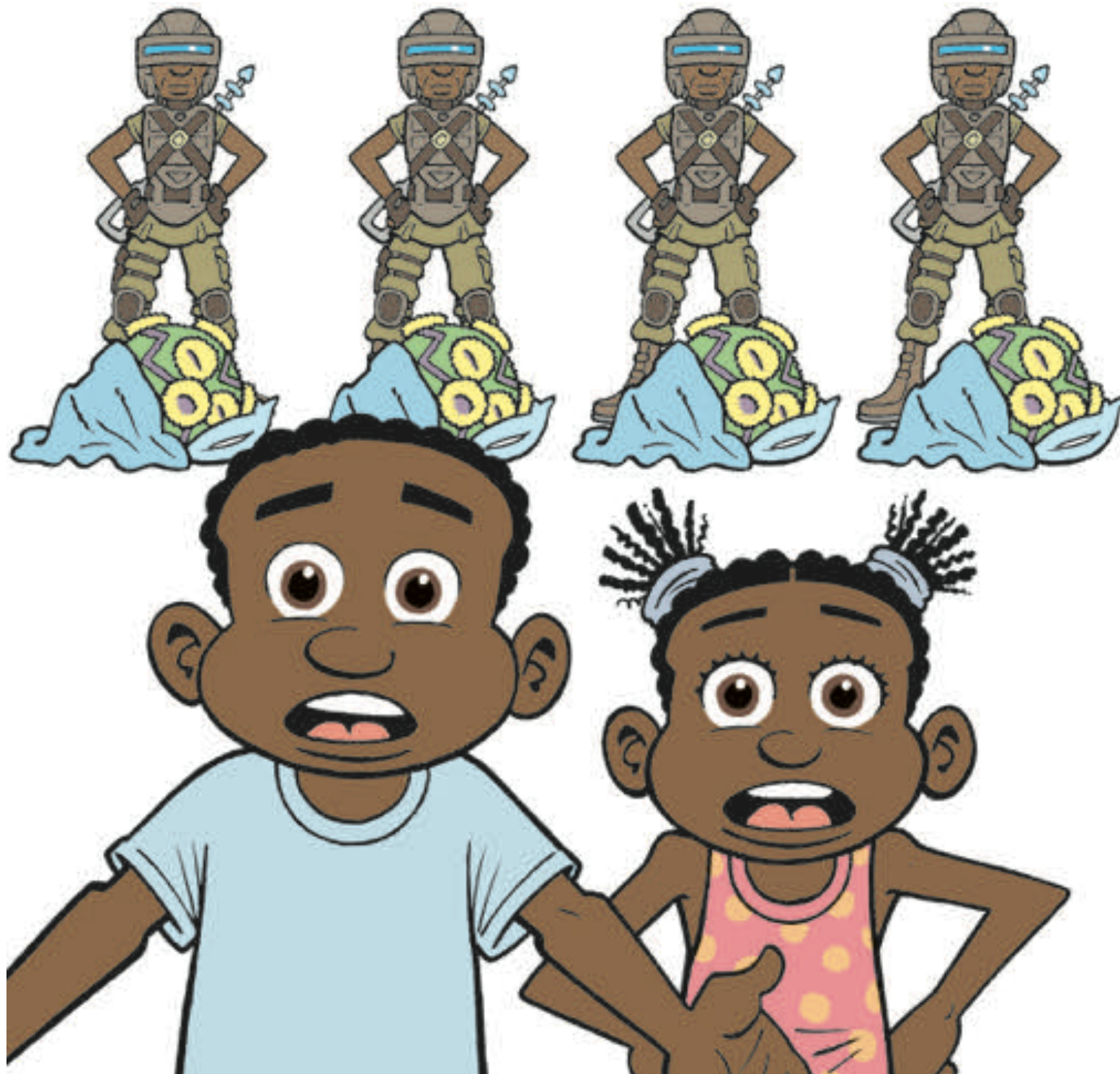


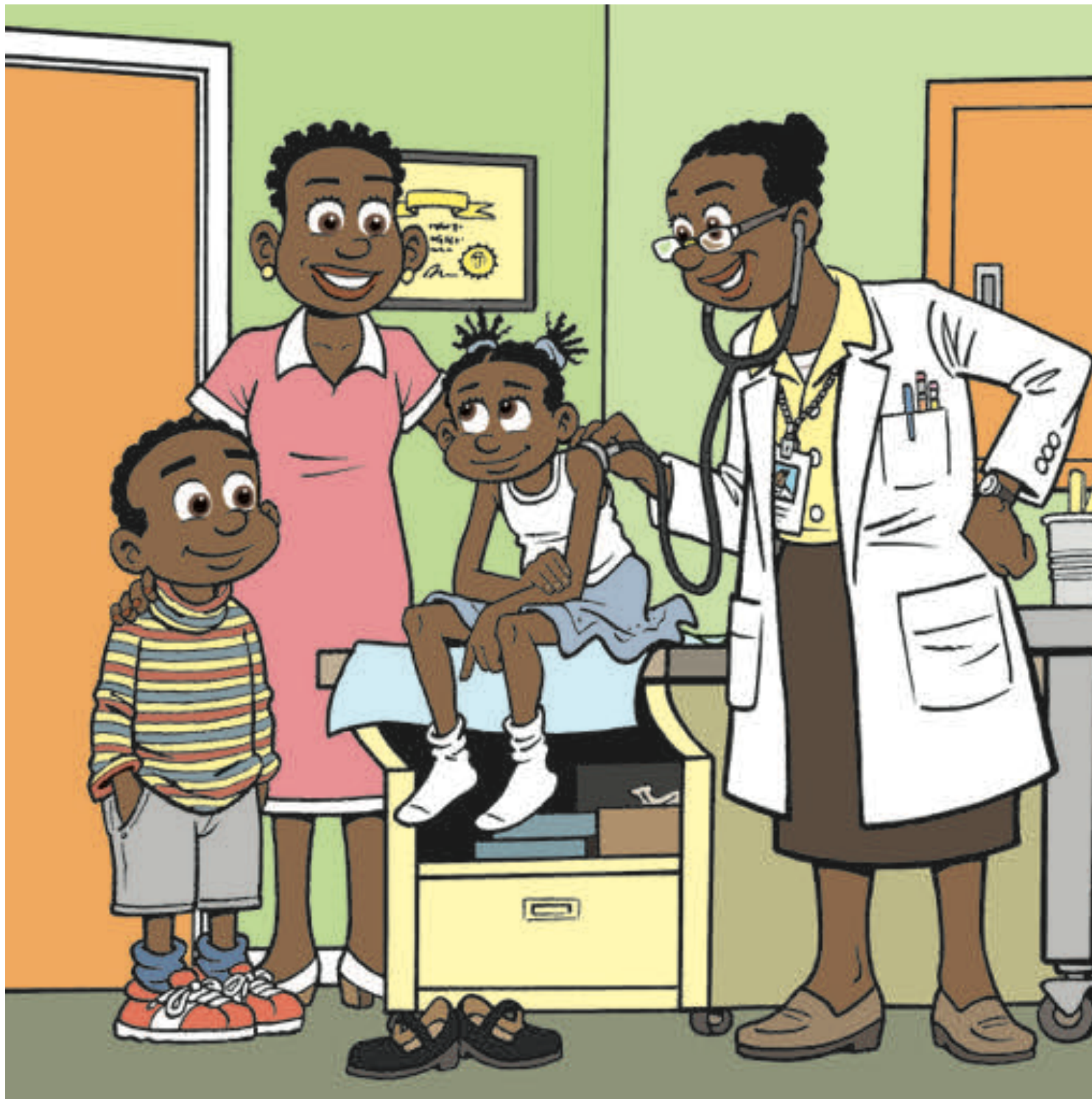


“When you take your medications, you make these viruses sleep so that your little soldiers can continue to fight. Taking your medications is the way you help your little soldiers.”

“But mother, I do not like my medications. They can make me sleepy or make my stomach hurt.”

“Yes,” added Neo. “Sometimes I get a rash from my medications. Sometimes they make me feel dizzy!”





“My children,” replied their mother, “you are right. Sometimes your medications may make you feel unwell. This is why we must always go to the doctor for check-ups. This is why the doctor will sometimes change your medications.”

“You can always ask or tell your doctor anything,” added their mother. “The doctor is your friend.”

“But you must take your medications every day to help your little soldiers,” added their mother.

“Sometimes even your parents forget to give you your medications. You must remind us to give you your medications if this happens.”





“Mother, I am confused. Many of my friends do not take medications every day. Are they different from me? Am I worse than other children for having to take medications?”

“Some children need to take medications to help their little soldiers and some do not. But all the children of the world are the same.”



“As long as you take your medications, your little soldiers will do more than protect you from viruses and germs. Your soldiers will help you to achieve whatever you want in life.”



“When you are in school, your little soldiers will be there helping you learn and grow smart.”



“When you are on the football pitch, your little soldiers will be there helping you score the winning goal.”



“When you graduate from university your little soldiers will be there to celebrate with you.”

“No matter what you do with your life, your little soldiers will help you achieve your dreams.”

“Maybe one day you will be a famous musician. If so, your little soldiers will be there cheering you on.”





“Maybe one day you will be a movie star. If so, your little soldiers will be there for the movie shoot.”

“Maybe one day
you will be a
famous architect
building flats and
plazas. If so, your
little soldiers will
be there helping
you.”





“Maybe one day you will be married with your own children. If so, your little soldiers will be there to also protect your family.”



“Your little soldiers are the key to a happy life.
This is why you must take your medicine every day.”

“We understand now why we must take our medications,” said Kago as he took his medicine. “These medications help our soldiers. And it is our soldiers that make us happy and healthy.”



“Good night, my children,” said their mother. “Sleep well and know that your little soldiers are here protecting you.”





