



Tranquility: A Private Child Life Practice, LLC

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12/10/25

Dear Preschool Director,

I am writing to introduce a unique opportunity to enhance the social-emotional development and medical coping readiness of the children in your preschool community. As a Certified Child Life Specialist and Registered Wonders & Worries Provider, I offer a structured, developmentally informed program designed specifically for early childhood settings:

***Preschool Coping Curriculum: “Let’s Visit the Doctor!”***

A four-week, play-based curriculum that teaches children how to understand, prepare for, and cope with routine doctor visits. Many young children experience stress or uncertainty during medical appointments. This curriculum uses therapeutic play, modeling, and age-appropriate coping tools to build familiarity and confidence, supporting both emotional regulation and resilience.

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**Program Overview**

**Target Age:** Preschoolers ages 3–5

**Format:** Four weekly sessions (50 minutes each)

**Group Size:** Up to 17 children

**Led By:** Certified Child Life Specialist

**Program Objectives:**

- Introduce the role of healthcare providers in child-friendly terms
- Support emotional identification and expression
- Teach coping strategies such as deep breathing, distraction, and comfort tools
- Build confidence through hands-on exploration of medical equipment
- Promote mastery, familiarity, and reduced anxiety around medical visits

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**Curriculum Summary**

**Week 1 – Meeting the Doctor & Exploring Feelings**

Children discuss feelings about doctor visits, explore medical play tools, and create personalized “Feeling Doctor Bags.”

### **Week 2 – Tools Doctors Use**

Hands-on exploration of common doctor tools, doctor badge creation, and a guided medical scavenger hunt.

### **Week 3 – What Happens at a Check-Up**

Children walk through the sequence of a check-up using puppets and role play. They learn breathing techniques and create a stress-relief glove.

### **Week 4 – I Am Brave!**

A culminating session including medical collages, calm jars, open medical play, and a celebratory “Bravery Parade.” Each child receives a Certificate of Bravery.

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### **Program Cost**

**Supplies:** \$168.55 (covers up to 17 children)

**Participation Fee:** \$15 per child per session

Customized options and scheduling flexibility are available.

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### **Benefits for Preschools**

- Enhances emotional regulation and social-emotional learning
- Provides families with shared language and at-home coping tools
- Delivered by highly qualified Certified Child Life Specialist of 18 years
- Reinforces your center’s commitment to whole-child development

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I welcome the opportunity to discuss how this program can be implemented at your preschool. Please feel free to reach out with any questions or to schedule a brief call. Thank you for your time and for your dedication to supporting the emotional well-being of young children.

Sincerely,

*Leah Yazmer*

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