

Module 1: Understanding Childhood Injuries

Handout A-3: A Preschooler’s Day—Rickie

I’m Rickie and I’m four. I live with Mami, Papi, Auntie, and my eight-year-old cousin.

I wake up in the morning when I hear folks going out to the fields. Mami says, “Papi and I have to rush off to work. There’s no time for breakfast this morning—you’ll get it at Head Start.” We rush to get dressed and catch the bus to Head Start. My teacher says, “Hey Rickie, how are you?” I smell the hot cornbread and I say, “Great,” and sit down and eat as fast as I can.

I like outdoor play the best. I like going high on the swings. When the teachers are talking with each other and not watching, I jump off and fly like a bird. I hit the hard dirt underneath with a loud thud! We have a really high climbing structure and I like to go up to the top and dive head first down the slide.

Today we have carpentry. I love hammering as hard as I can. Once I was joking around with my friend and I smashed my finger by mistake—wow, did that hurt! We get to play with clay too. Sometimes I eat a little clay; sometimes I even taste the sand in the sandbox and the plants growing around school.

It’s lunchtime and I sure am hungry! For rest-time, my mat is in the corner. I look at some books, but I get bored and I usually end up picking paint chips off the wall.

In the afternoon, Auntie picks me up. When we get home, my eight-year-old cousin is there and my aunt leaves me with him for a few hours while she shops for dinner. My cousin says, “Come on—let’s go exploring!” I’m in such a hurry to catch him that I run out barefoot. Our favorite place is an old shed that has farm equipment, tools, nails, and boxes of chemicals around. Sometimes we like to jump on the boxes and watch the dust fly around. It’s been raining so we crawl through the irrigation ditches and drain pipes. We go home when it gets dark.

Mami and Papi are coming in from the fields as we get home. Papi says, “Where have you been? After dinner you’re into the bathtub!” Auntie has dinner waiting and it smells so good. We all sit down and eat. After my bath I’m feeling so sleepy. I climb into the warm bed with Mami and Papi. Mami sings me a song and I fall asleep.