

I am going to
the Sparks Clinics
at UAB!



UAB

THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM

Civitan-Sparks Clinics

This book belongs to:

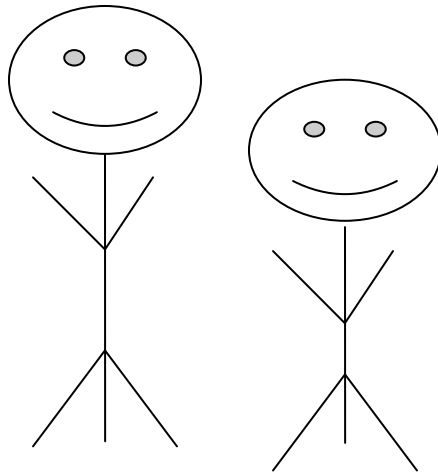


The Sparks Clinics
are in Birmingham,
which is a big city in Alabama.
I might see lots of tall buildings
and other neat things
in Birmingham.



I might take a long trip
or a short trip
to get to the Sparks Clinics.
Most kids ride on a big road
to get there.

I might have to wake up
really early
to get to the Sparks Clinics.



I will not be alone
at the Sparks Clinics.
I will bring a grownup
who will take care of me.
I can bring something from home
that makes me feel happy too.



I will see a lot of different people who are special helpers at the Sparks Clinics. The helpers there want to learn more about me. They may ask me questions or give me directions about how to play games or other activities.



There are so many things to do
at the Sparks Clinics
that I might be there all day.

I should remember that
I will get to take a lunch break
during the day!

I can also bring snacks to eat
during other break times.

There are some places in the Sparks Clinics that look like a **doctor's office, and I might see** some doctors there.

But, I should remember there are no shots and no medicine at the Sparks Clinics.





When I get to the Sparks Clinics
I will go in the building
with my grownup.

I might go down the stairs
or I might ride on the elevator
to the waiting room.



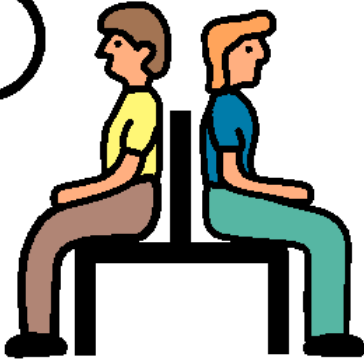


I might have to wait a little while for the helpers to get ready for me.

There might be other people in the waiting room with me waiting for their turn too.

While I am waiting
I might play with toys, watch TV,
or sit with my grownup.
When the helper comes to get
me I will leave the toys in the
waiting room for other kids to
play with.





The helpers at the Sparks Clinics
have to take turns to see me.

I might have to wait in the
waiting room after I spend time
with one helper,

because the next helper might not
be ready for their turn!

I can play or sit with my
grownup while I wait.

There are some really cool things to see at the Sparks Clinics. While I am there, I might see:

Paintings on the wall of people and places in Birmingham



Different colored squares on the floor



Lots of windows looking at a special courtyard

The helpers will bring me
to a room
that might look a little like
this picture.



Some rooms have
big mirrors
in them.

My grownup might
be in the room with me,
but they might need to go
to a different room near me to
do their own work.



It might be sad to be away from
my grownup but I will be OK!

I can take a deep breath and
relax. My grownup will be back to
**get me. And I'm going to have a
great time!**



Now it's time to learn a little bit
more about the helpers
at the Sparks Clinics
and what I can do with them!

My Schedule

✓	Read my special book about the Sparks Clinics
	Hearing
	Nutrition
	Occupational Therapy
	Pediatrics
	Physical Therapy
	Psychology
	Social Work
	Special Education
	Speech-Language Pathology
	Vision
	ALL FINISHED!

I will get to check off each group of helpers once I am finished seeing them!

Note to Grownups-
Your child may not see
everyone on this list!

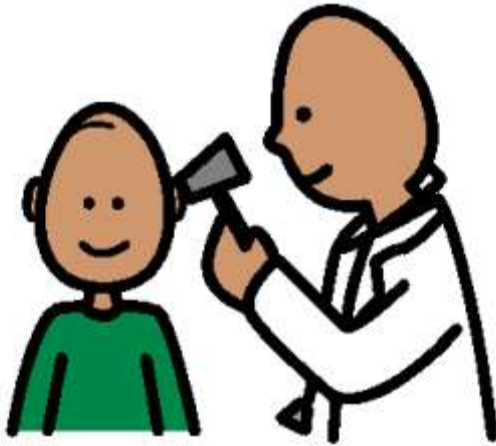
Check your child's appointment list from

the Sparks Clinics to help your child
know who they will see.

Then show them ONLY the pages
that match their list.

Audiology

I might get my hearing checked.
My grownup will come with me, so
I should not worry.



First, the helper might look
in my ears
with a special light.



The helper might take a picture
of my ears.

It may feel a little funny.
I will listen to some beeps that
sound like music.

I will have to be really quiet
and sit very still.

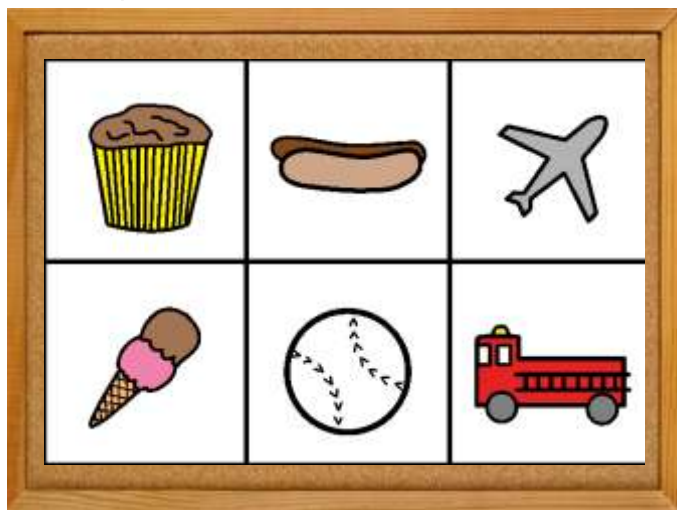


If I am still and quiet, the
helper may blow bubbles for
me.

Next we might go in a small, quiet room to play some listening games. I might listen to sounds from speakers in the room, or I might wear a special listening hat that looks like something an airplane pilot would wear!



The helper might ask me to point to some pictures like these:



I might listen to little beeps that sound like a bird saying

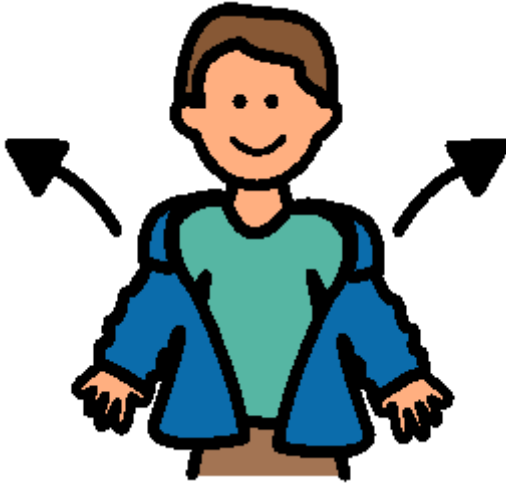
"tweet, tweet, tweet."

These games will help them know how well I can hear with my ears!



When I finish with this helper,
I will get a cool sticker.

Nutrition



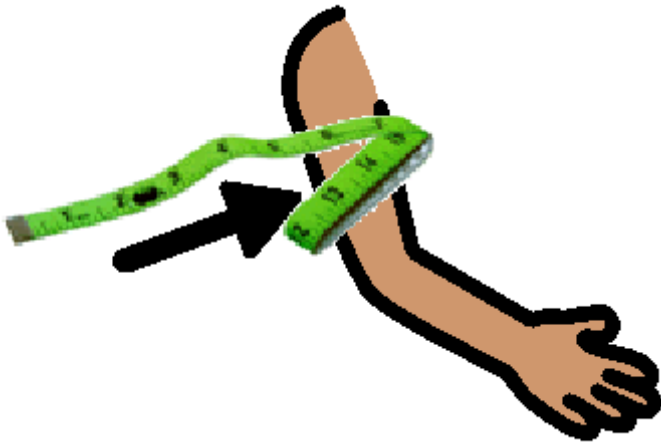
If I go Nutrition,
I will get to take my
shoes and coat off.



I will need to stand very still while the helper sees how tall I am and how much I weigh.



The helper might make me a
headband and
measure my muscles.





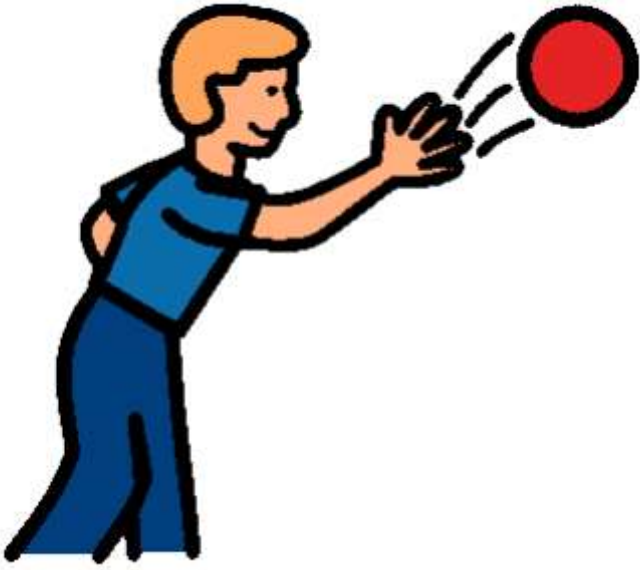
The helper may also touch the
back of my arm
with a squeeze toy like this.

Then, I will get to talk about
my favorite
fruits and vegetables.

Occupational Therapy

If I go to Occupational Therapy,
I might be asked to
write on paper,
cut paper,
play with blocks,
and put together puzzles.





I might also get to
bounce and throw a ball.

Pediatrics

I might see
a new doctor or nurse
while I am at the Sparks Clinics.
This won't be the same person as
my regular doctor,
but they are very nice!
These helpers want to learn
more about what I do
and how I have grown.





These special helpers
might look at
my ears, eyes, mouth, nose, belly,
and other parts of me.
They might ask me to run, jump,
or sit quietly.
They will NOT give me shots,
though.



The doctor and nurse will also ask my grownup a lot of questions about me.

The doctor might decide I need more tests at another office. They will talk to me and my grownup about this before I go.

Physical Therapy



If I go to Physical Therapy, I might get to walk up and down stairs.

I might also get to run down the hallway, like in a race!



I will earn stickers for my hard work!

Psychology



If I see Psychology, I might play
with blocks or puzzles
or answer questions
and look at pictures.



Some of the games might
take a while.

I might need to take a break to
eat a snack, walk around, or use
the bathroom.

After the break, I will finish the
games.

If I do my best,
I can earn stickers.



Social Work



I might see the social worker,
another special helper at the
Sparks Clinics.

My grownup will talk to
this helper and
I might play with toys.

Then my parents may go to another room while I answer questions about things I've learned at school.



Trying my best will help my teacher know more about how to help me with schoolwork and homework.

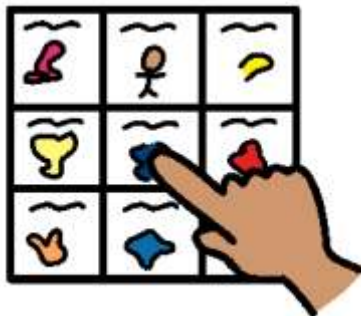
Speech-Language Pathology



If I see the Speech-Language Pathologist, I might get to play with toys while my grownup talks to the helper.



I might need to sit down
and do work at the table.
I will point to pictures and say
things about them.



Vision



I might get my eyes checked
at the Sparks Clinics.
A helper will look into my eyes
with a special light.

I might need to sit
in a special chair.



I will get to look at pictures and
letters on the wall.



Other People at The Sparks Clinics

Some kids get to come back even more times to see the helpers at the Sparks Clinics!

Some kids and grownups come to see the Dentist at the Sparks Clinics.

A Dentist is a doctor who looks at **and cleans people's teeth.**

They might help the kids and grownups learn better ways to take care of their teeth and mouth.





Some kids come back to see another special doctor, a Psychiatrist, and a special nurse at the Sparks Clinics. A Psychiatrist is the kind of doctor that talks to kids to learn about the good things in their life and any problems they are having.

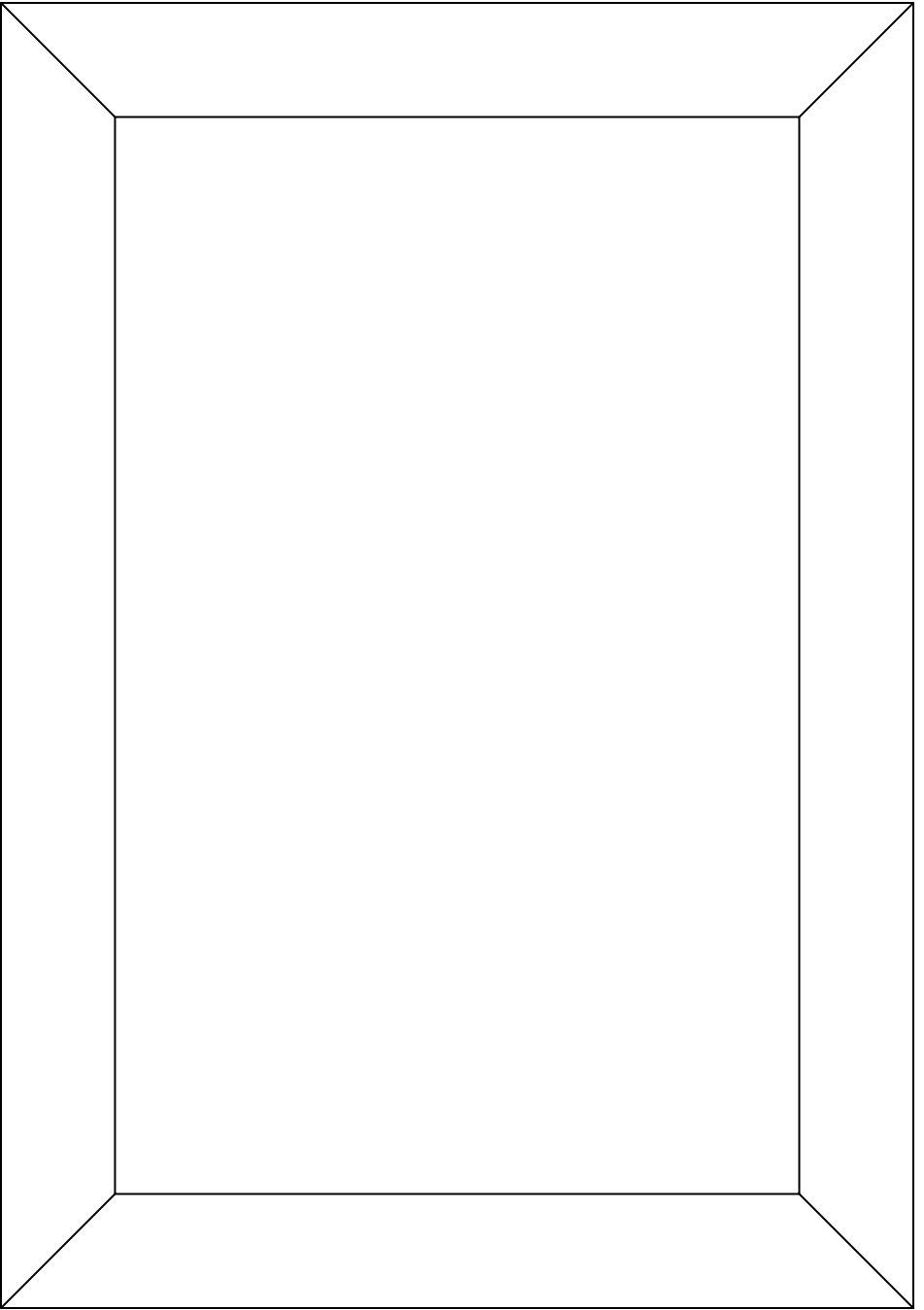
This doctor also learns about what teachers and grownups think about how the kid is doing.

Sometimes the doctor and nurse talk with the grownups about medicine to help with the problems.

See, there are a lot of great
things to do
at the Sparks Clinics!

We can't wait to meet you!

Draw a picture on the next page
of you and your grownup
having a great time at the
Sparks Clinics!



Information for Grownups

See the following pages for

Directions to the Sparks Clinics

Local Restaurants

Things to do while you're
in Birmingham

DIRECTIONS

Civitan-Sparks Clinics

University of Alabama at Birmingham
930 South 20th Street
Birmingham, AL 35205
Phone: 205-934-5471
Toll Free: 1-800-822-2472
Fax: 205-975-2380

From 65 North (Huntsville):

Take I-65 S toward BIRMINGHAM
Take the 4TH AVE S exit, EXIT 259B. 0.2 mi
Stay STRAIGHT to go onto 4TH AVE S. 0.8 mi
Turn RIGHT onto 20TH ST S. 0.5 mi
End at 930 20th St S

From 65 South (Montgomery)

Take I-65 N toward BIRMINGHAM
Take the UNIVERSITY BLVD exit, EXIT 259. 0.2 mi
Turn SLIGHT RIGHT onto UNIVERSITY BLVD/AL-149 N 0.9 mi
Turn RIGHT onto 20TH ST S. 0.2 mi
End at 930 20th St S

From 20 West (Tuscaloosa)

Take I-20 E/I-59 N toward BIRMINGHAM
Merge onto I-65 S via EXIT 124A toward MONTGOMERY 1.5 mi
Take the 4TH AVE S exit, EXIT 259B. 0.2 mi
Stay STRAIGHT to go onto 4TH AVE S. 0.8 mi
Turn RIGHT onto 20TH ST S. 0.5 mi
End at 930 20th St S

From 20 East (Anniston)

Take I-20 W toward BIRMINGHAM
Merge onto US-280 E/US-31 S/ELTON B STEPHENS EXPY/AL-3 S via EXIT 126A. 1.7mi
Take the exit toward 8TH AVE S. 0.2 mi
Turn RIGHT onto UNIVERSITY BLVD/AL-149 0.2 mi
Turn LEFT onto 20TH ST S. 0.5 mi
End at 930 20th St S

Local Restaurants

Some families bring a picnic lunch to eat in the courtyard at Sparks, but there are also a lot of yummy places to eat that are very close to Sparks.

Restaurants within Walking Distance:

Jim-N-Nicks- bar-b-que

1. turn right out of main door, going SE on 20th St for 0.2 miles
2. turn right on 11th St, go 0.1 mile

Jim-N-Nicks is on the right

Makarios- American/Mediterranean

1. turn right out of main door, going SE on 20th St for one block

Makarios is immediately on the right

Mellow Mushroom-pizza and subs

1. turn right out of main door, going SE on 20th ST for 0.3 miles

Mellow Mushroom is on the right

Purple Onion- Greek and American

1. turn right out of main door, going SE on 20th St for 0.1 miles
2. turn right on 10th Ave S, continue 0.3 miles

Purple Onion is on the left

Subway- cold subs

1. turn left out of main door, going NW on 20th St S for 0.2 miles

Subway is on the right

Surin West-Thai and sushi

1. turn right out of main door, going SE on 20th St for 0.2 miles
2. turn right on 11th St, go 0.1 mile

Surin West is on the right

Chick-fil-A- fast food (Opening Fall 2011)

1. turn right out of main door, going SE on 20th St for 0.3 miles
2. Chick-fil-A is on the left

Within Driving Distance:

McDonalds- fast food

1. turn right out of parking lot, driving SE on 20th St for 0.5 miles
2. turn slight right on Richard Arrington Jr. Blvd, continue for 0.6 miles
3. turn left onto 20th St S, 0.2 miles
4. McDonalds is on the left

Nearby Birmingham Attractions

McWane Science Center (Website: www.mcwane.org)

200 19th Street N

Birmingham, AL 35205

205-714-8300

The McWane Center is a hands-on science museum that features interactive exhibits related to dinosaurs, aquariums, and other science related areas. It also features playgrounds and an IMAX theatre.

School Year hours:

M-F 9-5,

Sat 10-6,

Sun 12-6

Admission:

2 & under: free

3-12: \$8

13-64: \$11

Birmingham Zoo (Website: www.birminghamzoo.com)

2630 Cahaba Rd.

Birmingham, AL 35223

(205) 879-0409

The Birmingham Zoo features 122 acres of animal life from across the planet.

Hours: 9am - 5pm Mon - Sun

Admission (Admission is half price on Tuesday):

Adults: \$ 12

Children (2-12): \$ 7

Seniors (Over 65): \$ 7

The Summit (Website: www.thesummittonline.com/birmingham)

221 Summit Blvd.

Birmingham, AL 35243

The Summit is an outdoor shopping mall that has a number of stores such as Williams Sonoma, Eddie Bauer, Old Navy, and the Apple Store. It also has a number of restaurants, such as The **Cheesecake Factory**, **P.F. Chang's**, **Macaroni Grill**, and **California Pizza Kitchen**.

Birmingham Botanical Gardens (Website: www.bbgardens.org)
2612 Lane Park Rd
Birmingham, AL 35223
(205)414-3950

The Birmingham Botanical Gardens is 67 acres of plant life, sculptures and walking paths. Admission: Free

Hours:

The Garden Center: 8am to 5pm Mon-Fri and on most weekends.

Library at Birmingham Botanical Gardens

9am - 4pm Monday - Friday

10am - 4pm Saturday

2pm - 5pm Sunday

Leaf & Petal at The Gardens Gift Shop: 10am -4pm Mon -Sat

The Gardens Café by Kathy G: 10am -2pm Tues - Sat.

Vulcan Park and Museum (Website: www.visitvulcan.com)

1701 Valley View Dr,
Birmingham, AL 35209
205-933-1409

Vulcan Park has is a tribute to the steel and iron industries that are **such a big part of Birmingham's history. Vulcan Park is a 10-acre** park that contains the largest cast iron statue in the world. There is also an observational deck with a panoramic view of Birmingham.

Hours:

Park grounds: Mon - Sun, 7am-10pm

Museum: Mon-Sat, 10am - 6pm & Sun 1pm - 6pm

Observational Balcony: Mon - Sat, 10am -10pm, Sun 1pm -10pm

Admission:

Park grounds: free daily

Admission rates include all three sites

Adults: \$ 6

Seniors: \$ 5

Children (5-12): \$ 4

Children 4 and under: free

Thanks for reading our book
about the Sparks Clinics!

Visit www.uab.edu/civitanersparks
for more information about
Civitan International Research
Center and the Sparks Clinics

This book was developed by
faculty, staff, and trainees
at the Sparks Clinics in 2009

Special thanks to these trainees:

Lynsey Welsh
Laurie McDaniel
Sarah Ryan
Amy Seay
Sarah O'Kelley