

# Jenny and the Bear



A story by Linda Morris

**I**t was a windy, rainy day, and the bears in the toy shop window were staring out at the shoppers passing by.

One little bear in particular liked looking out at the rain; he liked the way it made the pavements shine, the way the raindrops bounced up from the pavements and fell down again to make puddles, and most of all, he liked to look at the passing parade of colourful umbrellas.

Jenny and her Granny were out in the rain doing their shopping. As they passed the toy shop, Jenny exclaimed, “Gran, look at all the bears!” Jenny stared longingly into the window.

There was one bear right in the middle who was looking straight at Jenny. The bear saw Jenny looking into the window. He liked Jenny instantly; he thought she had a kind face, a bright smile, and the most terrific rainbow coloured umbrella.

The bear couldn't help smiling.

Granny stopped to look at the bears; they were indeed very handsome bears, and Jenny was a good girl who deserved a wee treat thought Granny.



Jenny was so happy when Granny took her into the toy shop to choose a bear. Jenny knew exactly which bear she wanted; he was right in the middle. Granny told the shop assistant that she wanted to buy a bear for her Grand-daughter, the shop assistant took a box from underneath the counter and began to wrap it. “You are a lucky girl” she said to Jenny.

Jenny looked up, tears welling in her eyes, she knew she was lucky but felt sad thinking of the bears twinkling eyes, “Please can I have the bear in the window” she said. “I’m sorry” said the assistant, “I can’t take one from the window, it will ruin the display. This one is just the same as all the other bears.”

Jenny felt a tear running down her face, she really wanted the bear in the window.

Granny felt sorry for Jenny “I’m sure one bear from your display won’t spoil it?” said Granny, smiling kindly at the assistant.

The shop assistant, thought how nicely Jenny had asked, and helped her climb into the window to choose her ‘special’ bear.

The shop assistant didn’t have a box for this bear, and so the bear was put into a brown paper carrier bag to take home. Jenny didn’t care about not having the box, she was just so happy to get her special bear that she smiled all the way home from town.



By the time Jenny got home to show her bear to Mummy, the brown carrier bag was soaked through.

Jenny and the bear were a bit wet. Mummy dried Jenny and gave her a towel to dry the fur on her bear.

Bear was just so glad to be with Jenny. He knew from the moment he saw her that she was a kind girl. The journey home from the shop had been a bit worrying; the paper bag was dark, and the heavy rain made the bag damp and cold.



At home, Jenny gave him a rub with a towel and dried his fur.

Jenny's Mummy liked the bear, "You are a very lucky girl", she said to Jenny. "That's a lovely present from Granny."

Whilst Jenny was getting dried off and putting on her pyjamas, Mummy made some hot, buttery toast and warm milk for Jenny and her bear, and then they all sat down in front of a roaring fire to get warmed up.





Mummy had a cup of tea, and she lit a cigarette while she was speaking to Jenny.

Jenny coughed. “Sorry”, said Mummy and she got up and opened the window.

Bear didn't like the smell of the smoke from Mummy's cigarette, and his throat felt a bit itchy.



Later that evening, Jenny and the bear went to sleep. The bear loved Jenny's bedroom; it was a beautiful colour of pink, and there were sparkly bits on the ceiling that looked just like stars.

Jenny had a hamster called Toffee, and he was very friendly; the bear knew that he and Toffee would get on very well. Toffee told him how much he loved Jenny, and how well Jenny took care of him, cleaning his cage, giving him his dinner, and occasionally treating him to a yoghurt drop – that was his favourite thing.

The next morning, the bear awoke feeling a bit unwell; his throat hurt and his nose was wet.

Jenny noticed that her bear looked sad. She took the bear to Mummy who looked at the bear and said, "I'm sure he has just caught a bit of a cold when he got wet in the rain yesterday. Don't worry; I'm sure his nose will dry up."



That day, Daddy said he needed to go to the garden centre. That was when Jenny had a bright idea. She had seen bears at the Garden Centre, and they had clothes on. Jenny counted the pocket money she had saved, and asked to go to the garden centre with Daddy.

Daddy, Jenny and the bear set off in the car for the garden centre. In the car, Daddy rolled down his window and lit a cigarette. Again, Jenny started coughing. Bear didn't feel too good either, and he tried to hold his nose to block the smoke from getting into his nostrils.

By the time they got to the garden centre, bear was feeling really stuffed up; his nose was blocked, he couldn't breathe properly, and his throat felt really jaggy.



In the garden centre, Jenny took the bear straight to where the bear clothes were. She picked out a bright red jumper, navy blue trousers and the most fantastic yellow raincoat, boots and hat.

Bear was delighted; he loved the rain, and he was hoping that with his new clothes on, he would feel better and that Jenny would take him out to splash in all those puddles he had looked at longingly from the shop window.

Jenny was sure that with all his lovely, warm clothes, Bear would soon get rid of his cold and feel much better.





Two weeks later Bear still had a wet nose, and he looked really sad.

Jenny was a bit unhappy too. She had a really runny nose and a cough, and her throat hurt too. Mummy decided that Jenny needed to go and see the doctor.



When the doctor saw Jenny, he listened to her chest, looked into her mouth and ears, and asked her if she had a cough. The doctor said that Jenny had a bad cold and that Jenny should have some medicine.

Jenny was still worried about Bear, and thought that Bear had a cold too, and so she asked the doctor if he would help Bear as well.

The doctor told Jenny not to worry, and that she and the bear would soon be well again.



Before they all went home, the doctor had a chat with Jenny's Mummy.

The doctor told Jenny's Mum that cigarette smoke in their home was making Jenny's cold much worse, and that it would be better if Mum & Dad did not smoke in the house.

When they got home, Mummy & Daddy had a long chat about Jenny's cold, Bear's wet nose, and what the doctor had said about smoke in the house.

Jenny's Mum and Dad were quite surprised by what the doctor had told them, they had not realised that smoking in the house could affect Jenny, and they decided right away that it would be better for Jenny and the bear if they stopped smoking in the house.



One week later, Jenny was feeling much better. Her cold had gone, she was back at school, and she was so happy because Bear's nose had dried up, and he looked so happy all of the time now.

At home, Bear was feeling wonderful! Jenny, Toffee and he had become the best of friends, and he was feeling so much better now that he had gotten rid of his wet nose.

The only thing was....., Jenny still hadn't given him a name!





There are more than 4000 chemicals in every cigarette. Many poisonous substances can stay in a room or car for months after the cigarette has been stubbed out.

Children learn habits from the people closest to them. If they live with someone who smokes they are 3 times more likely to smoke themselves when they grow up.

Children are more at risk because:

- Their lungs are still growing
- Their immune system is still developing

Smoking indoors and in cars with children increases their risk of:

- Asthma
- Coughs
- Chest and ear infections
- Meningitis.

## So what can you do?

The only way you can fully protect your family is to smoke outside. If this is not possible, think about different things you can do to reduce the risk of exposing your family to secondhand smoke. Perhaps the first thing you can do is to stop smoking in the car. If you smoke and want to cut down, try using nicotine replacement therapy, especially when you are with your children.

## Get in touch

Maybe in time, you will decide to stop smoking altogether. There is lots of help available and we are happy to help. Call the Stop Smoking Service on

**0300 303 0242**

when you are ready or Text "Advice" to 81066 or visit our website: [www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk)

Design and illustrations by Paul and Frank  
[design@weecreative.co.uk](mailto:design@weecreative.co.uk)

Published by NHS Greater Glasgow and Clyde, Glasgow, 2010

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