I am going to the Sparks Clinics at UAB!

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 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**

<table>
<thead>
<tr>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>✅ Read my special book about the Sparks Clinics</td>
</tr>
<tr>
<td>Hearing</td>
</tr>
<tr>
<td>Nutrition</td>
</tr>
<tr>
<td>Occupational Therapy</td>
</tr>
<tr>
<td>Pediatrics</td>
</tr>
<tr>
<td>Physical Therapy</td>
</tr>
<tr>
<td>Psychology</td>
</tr>
<tr>
<td>Social Work</td>
</tr>
<tr>
<td>Special Education</td>
</tr>
<tr>
<td>Speech-Language Pathology</td>
</tr>
<tr>
<td>Vision</td>
</tr>
</tbody>
</table>

**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.
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.
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.
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.
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!
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.
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.
Special Education

If I see the Special Education Evaluator, I may play with toys while the grownups talk.
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.
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:                      Admission:
M-F 9-5,                                2 & under:   free
Sat 10-6,                                3-12:        $8
Sun 12-6                                 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/civitansparks 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