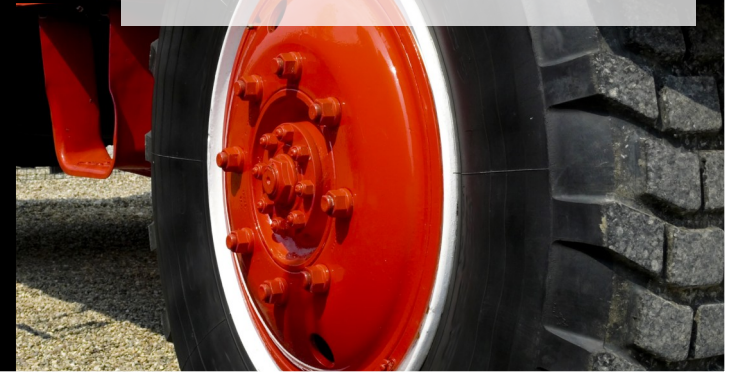
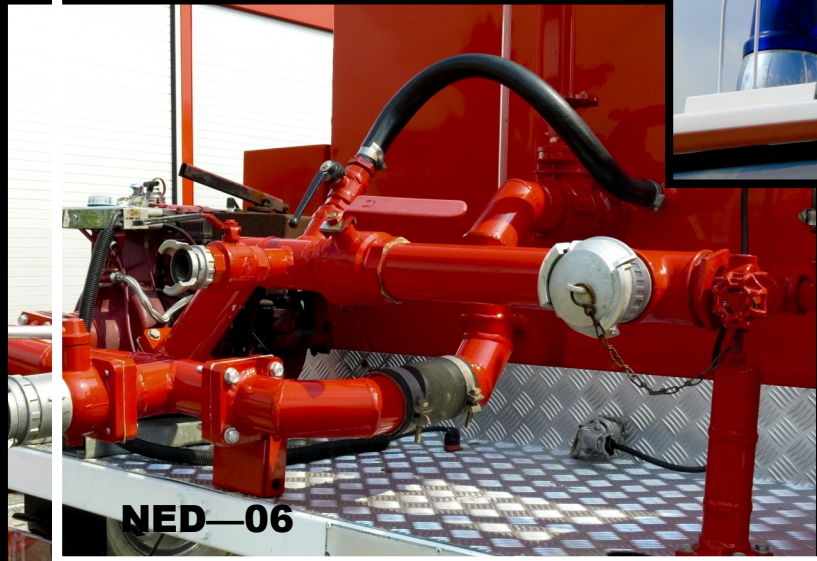


**Fredrick—  
The Fix-it  
Fireman**



**NED—06**



# **Fredrick—The Fix-it Fireman**

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*Dedicated to my three wonderful boys!*

[www.nurture-inspire-teach.com](http://www.nurture-inspire-teach.com)

Pic idea: Ned, Tony, Teddy holding a large framed photo of their dad dressed as a fireman, holding a wrench in one hand.

Ned, Tony, and Teddy had a very special daddy:  
Fredrick the Fireman! He was also a good fix-it man.

Today one of the fire trucks needed to be tuned up  
a bit, and all the valves checked that they were in  
good working order.

“Do it well, do it right,  
In the day or in the night.  
I do the very best I can.  
‘Cause I’m the Fire Station’s fix it man.”

Fredrick would sing as he worked.

Pic idea: Fredrick (their dad), the top part of him, in the lower left part of the picture, dressed in overalls , safety glasses, a tool box near by, some tools one in his hand; with a thought bubble thinking about reading a book to his sons—Teddy on his lap, and Tony and Ned on either side of him.

Fredrick had an array of the tools he was using set all around him, and was wearing his safety glasses. He was focusing on doing the best job he could.

Fredrick, along with the other firemen, would take turns at the station. Some days he could be at home where he could be with his family and teach and care for his sons.

On other days it was his turn to be at the Fire Station working on fix-it jobs, and ready to be on call in case of an emergency.

Pic idea: Fredrick show a few “equipment” things, like the page is divided into four parts:

A wheel with all its bolts ; some valves and pipes the hose on a reel; the light that goes atop the fire truck; like some of the pictures show on the front cover.



When there was a fix-it job that needed his help, he never tried to just do things fast, so he could go on to something else he'd like to do.

Fredrick realized that everyone on the team—as well as those they would be going to help—would be depending on the truck and the needed equipment working well.

Fredrick knew he had to give each fix-it job his full attention and best effort, and be diligent, attentive to details, and very thorough.

Pic idea: Fredrick and Allen (man, same age basically as Fredrick; Allen could be a different nationality—black features and curly black hair or Asian features, etc.) shaking hands. Allen could be more formally dressed, while Fredrick is of course in overalls, could have cloth hanging out of back pocket, etc.

Just as he finished his work on this particular day his friend, Allen came by.

“Hi! How’z it going?” Allen said, meeting his friend.

“Just fixing things up a bit,” Fredrick replied.

“I’ll come chat in a minute. I better first double check to make sure that everything is finished and working right.”

Pic idea: Allan praying with most of the picture as a thought Bubble of Fredrick with screw driver, tightening a screw

“Okay, sure thing,” said Allen. He knew it was very important. He’d rather have a good working fire engine that could be there to help him and others, even if it meant he had to wait for his friend for a bit.

Allen decide to use the time to pray for Fredrick’s work on the truck, that nothing important would be missed. And it was good that he did, as just then his prayer was answered.

“Hmmm, let me see. Oh my! I’m glad I checked!” said Fredrick suddenly noticing a screw wasn’t fully tightened, after his fix-it job. “I sure pays to go slow and do it right.”

Pic idea: Allen and Fredrick sitting at the table with empty clean plates and Fredrick pouring water into their glasses

After he was done, he and Allen went to the dining room to sit and have lunch together. Allen opened up a box he'd brought with lunch for the two of them.

“That’s so nice of you to come and bring a lunch for us to share—and you brought such strengthening food, too!” Fredrick thanked Allen.

Fredrick washed his hands before eating, and poured each of them a glass of drinking water.

Pic idea: pic of the food—tall cup with smoothie drink and straw; plate with some sliced tomato, bit of lettuce, bit of sauerkraut, half an avocado; some flat round bread, jar of tahini open, and a knife part way through spreading some on one of the flat breads.



Allen had brought a thick, healthful smoothie—a drink of fresh fruit and veggies and a few other goodies blended.

Allen also had made some fresh bread out of different types of cooked or ground-up seeds, and grated carrots. He brought different “sandwich makings” to go on the bread, like tahini, avocado, tomato, sauerkraut, sprouts and lettuce.

As Allen prepared and packed the lunch that day, he told himself, “It’s my little way of supporting and appreciating those who give of their time and strength to be a help to others.”

Pic idea: show the different health things, kind of like the front page is, with four pictures and one more fifth in the center. Each of the four main pictures:

1 fruits and veggies

2 glass and jug of water

3 Fredrick walking or running in nature.

4 Allen sleeping at night

The 5th center pic could be a “do not” sign with a circle and slanted line through it with chocolate bar, candies, soda pop can.

Fredrick and Allen often encouraged each other to keep living in the ways that brought good health and strength so they could always be ready to help others.

They chose to stay in shape by eating the right foods and drinking plenty of water. They avoided eating or doing things that would weaken their health or eyes.

They also made sure to get lots of good exercise outdoors, as well as to get enough sleep.

Pic idea: Fredrick daddy showing his 3 sons the inside of the engine of a fire truck. Perhaps they could be on step stools or little fold out ladders, and could be wearing little firemen helmets. —but in big speech bubble, from Fredrick, as he's talking about it happening later.

“How are Ned, Tony, and Teddy?” Allen asked.

“Oh, my sons are growing fast and well. They might be coming over later this afternoon to learn a bit more about mechanics. Simple stuff of course. It’s something I can teach them. And they enjoy it here at the station,” said Fredrick, the boys’ dad.

“I’m sure they do,” replied Allen. “I’m glad they can learn from you how to be diligent, careful, and how to be a help to others.”

Pic idea: fire truck driving off, lights flashing light,  
Fredrick waving good-bye out the window.

Just then the siren sounded; the emergency call.

Fredrick excused himself to quickly get ready. He was on the team to go to the rescue this time. He was so glad that he'd finished the job, and done it well. It was just in time.

“Thanks for the lunch!” Fredrick said as he quickly left.

He was glad for a friend who had come to help him with a health-strengthening meal, just at the right time. He had good energy now to go and help others.

