

# FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

## STINGS AND BITES

**Stinging Insects** Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

**Animal or Human Bites** Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

**Ticks** Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

**Snake Bites** Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Loosely splint the injured area and keep it at rest, positioned below the level of the heart. Try to identify the snake, if you can do so safely.



## BURNS AND SCALDS

**General Treatment** First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

**Burns With Blisters** Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

**Large or Deep Burns** Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

**Electrical Burns** Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

## SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

**Bruises** Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

**Cuts** Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

**Scrapes** Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

**Splinters** Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

**Puncture Wounds** Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor.

Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



## EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

## FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, or seek emergency care, if there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



## FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of exertion. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is. Call the pediatrician immediately if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an over-heated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



## FAINTING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up within 1 minute, call the pediatrician, or dial 911 or an emergency number, if the child is not breathing, begin CPR.

## TEETH

**Baby Teeth** If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

**Permanent Teeth** If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleaners, use milk or cold running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department. If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



## CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

## HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

Call the pediatrician for a child with a head injury and any of the following:

- Loss of consciousness
- Drowsiness that lasts longer than 2 hours
- Difficulty being awakened
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Coughing or blood or watery fluid from ears or nose
- Convulsions (seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

## POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

**Swallowed Poisons** Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

**Fire, Gas, or Smoke** Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

**Skin Exposure** If acids, lye, pesticides, chemicals, poisons, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



## NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

## BE PREPARED: CALL 911 KEEP EMERGENCY NUMBERS BY YOUR TELEPHONE

PEDIATRICIAN \_\_\_\_\_

PEDIATRIC DENTIST \_\_\_\_\_

POISON CENTER \_\_\_\_\_

AMBULANCE \_\_\_\_\_

EMERGENCY DEPARTMENT \_\_\_\_\_

FIRE \_\_\_\_\_

POLICE \_\_\_\_\_



Turn Over for Choking and CPR Instructions

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

# Parents Guide To First Aid

**Jonathan Stanley**



## Parents Guide To First Aid:

**First Aid for Families** American Academy of Pediatrics (AAP),,Aap,2011-03-07 The ability to provide basic care for an injured or ill child is essential information that every parent or guardian should have In most cases situations that require first aid are not life threatening and can be managed with simple comprehensive procedures *A Parent's Guide to First Aid* Roxanne Nelson,2002-01-01 When something goes wrong parents and caregivers are often the first ones on the scene Knowledge of fundamental First Aid principles can be vital for the health of your children While nothing can replace qualified First Aid training this book is an on the spot reference and easy to use resource Features alphabetical listings of the most common mishaps and illnesses that might befall children each situation and its symptoms are clearly described step by step instructions help to determine the appropriate level of medical care to seek and when to seek it basics of CPR and the Heimlich maneuver and how to prepare a well stocked first aid kit **A Parent's Guide to First Aid** Roxanne Nelson,2002 This on the spot and easy to use reference helps parents and caregivers often the first people on the scene when something happens to a child deal safely and confidently with the most common mishaps that befall children The basics of emergency procedures such as cardiopulmonary resuscitation and the Heimlich maneuver are demonstrated An A to Z listing of the most common situations requiring immediate care is provided cross referenced to help parents find the right information quickly Instructions for preparing a first aid kit are included along with general pointers on prevention and safe travel with kids

*The Parents' Guide to Psychological First Aid* Gerald P. Koocher,Annette M. La Greca,Olivia Moorehead-Slaughter,Nadja N. Lopez,2024 The Parents Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up Clear practical and to the point this is a go to reference that parents will find themselves returning to again and again as their children grow With practical tips nonjudgmental advice and suggestions for additional resources at the end of each chapter this useful and thought provoking book will be of immense value to new and seasoned parents alike **First Aid Fast for Babies and**

**Children** DK,2017-06-20 Do you know what to do if your baby or child falls and cuts their arm Are you confident to identify when an illness is serious First Aid Fast for Babies and Children is a step by step guide that helps you treat babies and children for more than 100 conditions and injuries This book guides you through essential initial care that can prove tremendously important to preserve life and improve the recovery process The detailed guidelines are accompanied by step by step images for clear easy to follow instructions From first aid for cuts and bruises to treating a child who is unresponsive this book covers all emergency situations that you may face Clear symbols highlight key areas and draw your attention to areas of concern The cross reference boxes on a page take you to associated information regarding the injuries This clear and informative guide is ideal for parents teachers and primary caregivers to help deal with emergencies Look after your little people keep First Aid Fast for Babies and Children handy **The Parents' Guide to Psychological First Aid** Gerald

P. Koocher, Annette Marie La Greca, 2011 Does your young daughter talk endlessly about invisible friends dragons in the basement and monsters in the closet Is your teenager about to start high school or being victimized by bullies Is your son mortally afraid of certain insects or of injections at the doctor s office Compiled by two seasoned clinical psychologists The Parents Guide to Psychological First Aid brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people Written in an engaging style this book offers sage advice on a raft of everyday problems that have psychological solutions The contributors cover such topics as body image and physical appearance cigarettes drugs and alcohol overeating and obesity dental visits the birth of a sibling and sibling rivalries temper tantrums fostering self esteem shyness and social anxiety and much more Each expert article provides an overview of the issues offers reassurance for minor problems and strategies for crisis management and discusses the red flags that indicate that professional help is needed In addition the book is organized into various categories to make it easier to find information For instance the Family Issues section includes articles on Blended Families Divorce and Traveling the Adolescent Issues section covers such topics as Dating and Driving and the Social Peer Issues section explores such subjects as Sportsmanship Homesickness and Making Friends An encyclopedic reference for parents concerned with maintaining the mental health of their children this indispensable volume will help you help your child to deal effectively with stress and pressure to cope with everyday challenges and to rebound from disappointments mistakes trauma and adversity

**Trauma-Proofing Your Kids** Peter A. Levine, Ph.D., Maggie Kline, 2014-09-16 Understand the different types of upsets and traumas your child may experience and learn how to teach them how to be resilient confident and even joyful The number of anxious depressed hyperactive and withdrawn children is staggering and still growing Millions have experienced bullying violence real or in the media abuse or sexual molestation Many other kids have been traumatized from more ordinary ordeals such as terrifying medical procedures accidents loss and divorce Trauma Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now It offers simple but powerful tools to keep children safe from danger and to help them bounce back after feeling scared and overwhelmed No longer will kids have to be passive prey to predators or the innocent victims of life s circumstances In addition to arming parents with priceless protective strategies best selling authors Dr Peter A Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them Trauma Proofing Your Kids is a treasure trove of simple to follow stress busting boundary setting sensory motor awareness activities that counteract trauma s effect on a child s body mind and spirit Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development this ground breaking book simplifies an often mystifying and complex subject empowering parents to raise truly confident and joyful kids despite stressful and turbulent times [First Aid Fast for Babies and Children](#)

DK, 2017-06-20 Do you know what to do if your baby or child falls and cuts their arm Are you confident to identify when an

illness is serious First Aid Fast for Babies and Children is a step by step guide that helps you treat babies and children for more than 100 conditions and injuries This book guides you through essential initial care that can prove tremendously important to preserve life and improve the recovery process The detailed guidelines are accompanied by step by step images for clear easy to follow instructions From first aid for cuts and bruises to treating a child who is unresponsive this book covers all emergency situations that you may face Clear symbols highlight key areas and draw your attention to areas of concern The cross reference boxes on a page take you to associated information regarding the injuries This clear and informative guide is ideal for parents teachers and primary caregivers to help deal with emergencies Look after your little people keep First Aid Fast for Babies and Children handy Psychological First Aid World Health Organization,2014-05 This manual is designed to orient helpers to offer psychological first aid PFA to people following a serious crisis event PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities The instructions and materials in this manual are for a half day orientation 4 hours excluding breaks to prepare helpers to support people recently affected by very stressful events If you have more time available for the orientation extra activities and slides are included in text boxes to deliver a full day orientation five and a half hours excluding breaks Where possible one should organize full day orientations to allow for deeper learning It is important to adapt the orientation and materials to the local culture language and context and to the likely kinds of crisis situations in which your participants would be helping This facilitator s manual is to be used together with Psychological First Aid Guide for Field Workers

Kids to the Rescue! Maribeth Boelts,Darwin Boelts,2003 This simple first aid book helps kids think wisely in an emergency Well illustrated and easy to understand it describes accident situations that children are likely to find themselves in The paramedic teacher author team provides step by step directions for handling such common problems as cuts bloody noses stings electric shock and burns One of our most popular children s books Kids to the Rescue opens with a note for parents explaining how children can practice the first aid techniques It concludes with a first aid quiz and instructions on calling 9 1 1 and other emergency numbers The back cover has an index so kids can easily find the page of instructions they need Expanded and revised to cover HIV safety **The Parent's Guide to Emergency First Aid** William D.

O'Riordan,1983 ACEP First Aid Manual 5th Edition DK,2014-09-01 A possible life saving reference to keep around the house or in the car DK s First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy Nurturing Naturally: A Parent's Guide to Natural Wellness to Raising Happy and Healthy Kids Anna Diamond,2024-12-16 Holistic Wellness for Kids

A Parent's Guide to Raising Healthy Happy Children Embark on the Adventure of Raising Thriving Kids Welcome to Holistic Wellness for Kids A Parent's Guide to Raising Healthy Happy Children your ultimate resource for nurturing every aspect of your child's well being This engaging and informative e book provides a comprehensive map to navigate the wonderful and sometimes wacky world of holistic wellness for children Discover the Big Picture of Holistic Wellness Imagine your child's well being as a beautiful puzzle Each piece physical mental emotional and social health fits together to create the complete picture of a thriving joyful kiddo Holistic wellness is about ensuring each piece of that puzzle is nurtured and cared for making you a superhero parent equipped with diverse tools to support your child's growth Key Topics Covered 1 Physical Health Ensure your kids eat their veggies get plenty of exercise and have enough sleep Convincing them that broccoli is not the enemy might be a challenge but it's worth it 2 Mental Health Encourage curiosity creativity and critical thinking to help your child develop a healthy mind It's like giving them a mental playground where their imaginations can run wild 3 Emotional Health Teach kids to recognize and express their feelings transforming emotional literacy into a fun and heartfelt journey 4 Social Health Foster friendships and social interactions helping your child build relationships practice empathy and develop social skills 5 Environmental Health Create a nurturing and safe home environment where little humans can grow and flourish Bringing It All Together Holistic wellness isn't about perfection it's about balance This book is your guide to building a holistic wellness toolkit packed with tips tricks and hacks to help you raise well rounded resilient kids From natural remedies for a pesky cold to encouraging a budding artist we've got you covered Your Personal Wellness Journey Ready to embark on this adventure Dive into the chapters ahead where we'll explore each aspect of holistic wellness in detail Together we'll navigate the wonderful world of raising healthy happy kids one step at a time Welcome to the journey Why Choose This Book Comprehensive Guidance Covers all aspects of holistic wellness providing practical advice for physical mental emotional social and environmental health Engaging and Fun Written with a splash of humor to keep things light and enjoyable Actionable Tips Packed with tips tricks and hacks to help you implement holistic wellness practices in your daily life Supportive Resource Designed to support parents in raising well rounded resilient children Join the Adventure Get ready to transform your parenting journey with Holistic Wellness for Kids Embrace the adventure of raising healthy happy kids with confidence and joy Your journey starts now

*The Baffled Parent's Guide to Coaching Youth Basketball* David G. Faucher, 1999-09-14 David G Faucher shares his successful full participation model of coaching youth basketball in this Baffled Parent's Guide Faucher the head coach of the men's basketball team at Dartmouth College covers creating good habits offensive skills and defensive basics dealing with parents first aid and safety and game rules [Help!](#) Michelle Bamberger, 1995-06-19 A true lifesaver for cats and owners alike Help The Quick Guide to First Aid for Your Cat is an indispensable reference for every cat owner Everyone from the single cat owner to the cattery proprietor and professional will find valuable information in a handy take along guide Vital easy to find instruction is available with Help in an emergency

when time is shortest Chapters cover CPR other lifesaving techniques stopping bleeding head to toe exams specific aid techniques for burns bites and poisoning and particular medical problems as well as focusing on restraint and transport and much much more A complete list of first aid supplies for all situations whether at home or on the road is given as are suggestions on how to prevent those emergencies from happening or recurring A unique chapter on hypothetical emergency situations creates learning opportunities for every owner      **Parents' Guide to Hiking & Camping** Alice Cary,1997 Offers strategies for safe fun hiking backpacking cycling canoeing and camping and discusses family adventure gear campsite fundamentals age specific activities and related topics      **Parent's Guide to the Residential Special Schools Standards** Jonathan Stanley,2004-01-01 Residential special schools in England must follow rules or Standards that are set by the government This guide tells you what the rules are and how they apply to your child s school Use this full colour guide for parents to find out what is expected of residential special schools and the staff who work in them how you can help the people caring for your child and the information you should receive This guide provides the wording of each Standard advice about good practice and a list of questions you can use to ensure that the care of your child is up to standard This parent s guide to residential special schools is part of the series of guides about the National Minimum Standards for Residential Special Schools There are two other guides available one for staff and one for children and young people      *The A-Z of First Aid and Family Health* Blitz Editions (Firm),Bookmart Limited,1994      **American Red Cross First Aid/CPR/AED**

**Participant's Manual** American Red Cross,2011 Rev ed of First aid CPR AED for schools and the community 3rd ed c2006

**The New Twin Parent's Guide to Success** Pasquale De Marco,2025-05-03 The New Twin Parent s Guide to Success is the ultimate guide for navigating the unique joys and challenges of raising twins Whether you re an expectant parent or a seasoned twin parent this comprehensive resource will provide you with everything you need to know to raise happy healthy and well adjusted twins In this book Pasquale De Marco shares her experiences raising twins as well as the experiences of other twin parents She provides practical advice on everything from feeding and sleep schedules to diapering and bathing She also discusses the unique challenges of raising twins such as managing sibling rivalry balancing work and family and finding childcare The New Twin Parent s Guide to Success is divided into 10 chapters each of which covers a different aspect of twin parenting In Chapter 1 Pasquale De Marco provides an overview of the twin pregnancy and birth experience In Chapter 2 she discusses the challenges and rewards of the first year with twins In Chapter 3 she covers everything you need to know about feeding twins from breastfeeding to bottle feeding to introducing solid foods In Chapter 4 Pasquale De Marco discusses the importance of sleep for twins and how to create a sleep schedule that works for everyone In Chapter 5 she provides tips on diapering and bathing twins as well as how to prevent and treat diaper rash In Chapter 6 she discusses the health and safety of twins including common illnesses immunizations and safety precautions In Chapter 7 Pasquale De Marco discusses the challenges and rewards of finding childcare for twins In Chapter 8 she provides tips on socializing twins and

helping them develop their social skills In Chapter 9 she discusses the unique educational needs of twins And in Chapter 10 she shares her thoughts on the future of twins and the challenges and rewards that lie ahead Pasquale De Marco s goal is to provide you with the information and support you need to feel confident and prepared for the journey ahead With the right knowledge and resources you can raise your twins to be happy healthy and successful individuals If you like this book write a review on google books



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### **Parents Guide To First Aid Introduction**

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