

First Aid For Children

1. INTRODUCTION

The information contained in the present leaflet is for guidance only and should not be used as a substitute for professional training.

WHO TO GET HELP

Always call 999 if you are concerned about a child's health. You may also contact your GP or visit your local A&E department for further advice.

HOW TO CALL THE EMS

1. DON'T HESITATE

- 1. Make sure the child is safe.
- 2. Make sure the child can breath.
- 3. Ask someone else to give you details of the child's condition, including age and symptoms.
- 4. If you have any concerns about the child, call 999.
- 5. If you are still worried about the child, call 999.
- 6. If you are still worried about the child, call 999.

EMERGENCY INFORMATION

For medical treatment and first aid advice, call the National Health Service Direct on 0845 46 47.

- 1. The patient is pregnant or has given birth.
- 2. The patient is diabetic or has had a stroke.
- 3. The patient is unconscious after taking medicine or alcohol.
- 4. The patient is having convulsions.
- 5. The patient is having fits.

CHILDREN'S REACTION

Children react differently to adults. They may be more difficult to assess.

They may be more difficult to assess.



2. CHOKING

Choking occurs when a child cannot breathe because something is blocking their airway.

RECOGNITION

- 1. Child choking.
- 2. Struggling to breath.
- 3. Having difficulty breathing.
- 4. Cyanosis (blue skin).
- 5. Stridor (high-pitched noise when breathing).
- 6. Shallow or irregular breathing.

ACTION

- 1. Encourage the child to cough.
- 2. If they are not coughing, give them five back blows between the shoulder blades.
- 3. If they are still choking, give them five abdominal thrusts (abdominal Heimlich). Encourage the child to cough after each five abdominal thrusts.
- 4. If they are still choking, repeat the process until the object is dislodged.

ADAPTATIONS FOR A CHILD UNDER 1

- 1. Perform back slaps. If the child is under one year old, do not perform abdominal thrusts. Encourage the child to cough after each five abdominal thrusts.
- 2. If the child is not coughing, give them five abdominal thrusts (abdominal Heimlich). Encourage the child to cough after each five abdominal thrusts.

If a child under one year old has an object stuck in their airway, call 999 immediately.



3. UNCONSCIOUSNESS

If a child is found unconscious, they are at risk of drowning, suffocation and other injuries. Call 999 immediately.

ACTION

- 1. Hold the child firmly to prevent them from falling.
- 2. Remove the child from water.
- 3. Check the child's breathing and pulse.
- 4. If there is no response, shout for help and start CPR.
- 5. If there is a pulse, but no breathing, give rescue breaths.
- 6. If there is no pulse and no breathing, give CPR.
- 7. If there is no response after three cycles of CPR, shout for help again.

A	B	C	D
1. Check Responsiveness	2. Shout for Help	3. Call 999	4. Give CPR
5. Open Airway	6. Give Breaths	7. Continue CPR	8. Stop CPR
9. Turn child onto side	10. Check for signs of life	11. Give CPR	12. Stop CPR
13. Turn child onto side	14. Give CPR	15. Stop CPR	16. Turn child onto side

4. RECOVERY POSITION

The recovery position is used to prevent a child from drowning, suffocating or getting a head injury. It should never be used for an unconscious child who has stopped breathing.

UNDER 1 YEAR OLD (INFANT)

- 1. Turn the baby's head sideways to prevent drowning.
- 2. Check whether the baby is breathing.

1-2 YEARS TO PUBERTY (CHILD)

- 1. Turn the child's head sideways to prevent drowning.
- 2. Check whether the child is breathing.
- 3. Turn the child's head to the side that requires breathing.
- 4. Turn the child onto their side.
- 5. Turn the child onto their side.



5. RESUSCITATION

IF CHILD HAS NO BREATH OR PULSE

IF CHILD HAS NO BREATH

- 1. Check for any foreign objects in nose and mouth.
- 2. Check for a pulse. Place your fingers over the child's pulse and check the heart rate for 10 seconds. If there is no pulse, call 999.
- 3. If there is no pulse, begin CPR.
- 4. If there is a pulse, but no breathing, give rescue breaths.
- 5. If there is no pulse and no breathing, give CPR.



NO COMPRESSIONS (CPR)

- 1. Remove the casualty from the water if possible.
- 2. Place the child on their back and check their heart rate for 10 seconds.
- 3. Commence CPR by giving 30 compressions at a rate of 100-120 compressions per minute using a maximum compression depth of 2cm.
- 4. Give two breaths and increase compressions to a rapid sequence of three.
- 5. Repeat compressions until the child begins to breath.
- 6. Hold the child until you get the child to 999 or a medical team arrives.
- 7. If you are not trained in CPR, call 999 and ask for an ambulance.
- 8. Remove your mask from the child's mouth and give rescue breaths.
- 9. Return your hands to the correct position on the child and give further 30 compressions.

NO BREATHS (CPR)

- 1. Perform rescue breaths without compressions.
- 2. Encourage the child to breath.
- 3. Give two breaths and increase compressions to a rapid sequence of three.
- 4. Repeat breaths and compressions.



6. FEVER

Most children have a normal temperature of 37°C (98.6°F) or less. A fever is not necessarily a sign of illness.

RECOGNISING A FEVER

- 1. Fever Present.
- 2. Fevers are common.

COOLING A CHILD

- 1. Remove the child from the heat source.
- 2. Remove excess clothing.
- 3. Encourage plenty of cool fluids.
- 4. Cool the child gradually using cool sponges.
- 5. Give cool sponges.

RECOGNISING Malaria

- 1. High fevers.
- 2. Chills and sweating.

ACTION IN A MALARIA

- 1. Avoid the known risk factors for malaria.
- 2. Avoid places where malaria is present.
- 3. Avoid areas where malaria is present.
- 4. Avoid areas where malaria is present.
- 5. Avoid areas where malaria is present.

DRIVING MEDICATION

- 1. If there is not the risk of malaria.
- 2. If there is no known risk of malaria.
- 3. If there is no known risk of malaria.

7. ASTHMA AND BLEEDING

Most of the causes of the bleeding seen in children are minor. If you are worried about your child's bleeding, call 999.

ASTHMA ATTACK

- 1. Avoid triggers.
- 2. Avoid triggers to the best possible.
- 3. Inhaler and nebuliser.

ACTIONS

- 1. Avoid cold and those other triggers away from the child.
- 2. Avoid triggers to a child's asthma.
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First Aid For Children Today Leaders Guide

**Linda C. Tillman,James Joseph
Scheurich**

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Children Today ,1994 **Resources in Education** ,2000-10 **Handbook of Child and Adolescent Group**

Therapy Craig Haen,Seth Aronson,2016-10-14 This handbook describes in detail different contemporary approaches to group work with children and adolescents Further this volume illustrates the application of these models to work with the youth of today whether victims of trauma adolescents struggling with LGBT issues or youth with varying common diagnoses such as autism spectrum disorders depression and anxiety It offers chapters presenting a variety of clinical approaches written by experts in these approaches from classic play therapy and dialectical behavior therapy to cutting edge attachment based intervention mindfulness and sensorimotor psychotherapy Because of its broad scope the book is suitable for a wide audience from students to first time group leaders to seasoned practitioners

Handbook of Research on Educational Leadership for Equity and Diversity Linda C. Tillman,James Joseph Scheurich,2013-08-21 The rapid growth of diversity within U S schooling and the heightened attention to the lack of equity in student achievement school completion and postsecondary attendance has made equity and diversity two of the principle issues in education educational leadership and educational leadership research The Handbook of Research on Educational Leadership for Equity and Diversity is the first research based handbook that comprehensively addresses the broad diversity in U S schools by race ethnicity culture language gender disability sexual identity and class The Handbook both highly values the critically important strengths and assets that diversity brings to the United States and its schools yet at the same time candidly critiques the destructive deficit thinking biases and prejudices that undermine school success for many groups of students Well known chapter authors explore diversity and related inequities in schools and the achievement problems these issues present to school leaders Each chapter reviews theoretical and empirical evidence of these inequities and provides research based recommendations for practice and for future research Celebrating the broad diversity in U S schools the Handbook of Research on Educational Leadership for Equity and Diversity critiques the inequities connected to that diversity and provides evidence based practices to promote student success for all children

Scouting , Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families

Current Catalog National Library of Medicine (U.S.),1982 First multi year cumulation covers six years 1965 70 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1971 First multi year cumulation covers six years 1965 70 *Research in Education* ,1974 *The Reference Catalogue of Current Literature* ,1910 **The Mothercare Guide to Child Health** Penny Stanway,Rosalind Y. Ting,1989 Finally a completely illustrated guide to child health care that features an easy to use symptoms chart for identifying illnesses 200 color photos

Current Awareness in Health Education ,1983-07 *Handbook of Children and the Media* Dorothy G. Singer,Jerome L.

Singer,2011-07-25 Cyber bullying sexting and the effects that violent video games have on children are widely discussed and debated With a renowned international group of researchers and scholars the Second Edition of the Handbook of Children and the Media covers these topics is updated with cutting edge research and includes comprehensive analysis of the field for students and scholars This revision examines the social and cognitive effects of new media such as Facebook Twitter YouTube Skype iPads and cell phones and how children are using this new technology This book summarizes the latest research on children and the media and suggests directions for future research This book also attempts to provide students with a deliberate examination of how children use enjoy learn from and are advantaged or disadvantaged by regular exposure to television new technologies and other electronic media

Occupational Therapy in Mental Health

Catana Brown,Virginia C Stoffel,Jaime Munoz,2019-02-05 This revision of a well loved text continues to embrace the confluence of person environment and occupation in mental health as its organizing theoretical model emphasizing the lived experience of mental illness and recovery Rely on this groundbreaking text to guide you through an evidence based approach to helping clients with mental health disorders on their recovery journey by participating in meaningful occupations Understand the recovery process for all areas of their lives physical emotional spiritual and mental and know how to manage co occurring conditions

Handbook of Evidence-Based Therapies for Children and Adolescents Ric G. Steele,T. David Elkin,Michael C. Roberts,2007-12-03 Growing numbers of young people some 10% to 20% of school age populations have mental health problems requiring intervention and current policy initiatives identify evidence based therapies as the most effective and relevant forms of treatment By reviewing evidence based treatments EBTs across a wide spectrum of conditions the Handbook of Evidence Based Therapies for Children and Adolescents Bridging Science and Practice closes the gaps between children s needs and services as well as those between research training and practice Several EBT options both proved and promising are offered for each covered disorder and are bolstered by case examples tables and reference lists Features include chapters on implementation issues such as diversity family treatment assessment strategies and community settings and step by step guidance for the researcher looking to gather empirical support for therapies With comprehensive coverage provided by numerous leading experts in the field this volume covers the broadest range of disorders over the widest pediatric adolescent age range including Behavioral disorders ADHD aggression bullying Phobias panic disorders school refusal and anxiety Autism and pervasive developmental disorders Depression mood disorders and suicidal behavior Alcohol and drug abuse Eating disorders and obesity PTSD With its emphasis on flexibility and attention to emerging issues the Handbook of Evidence Based Therapies for Children and Adolescents is essential reading for anyone who works to address the mental health needs of children including clinical child school and counseling psychologists clinical social workers and child psychiatrists as well as advanced graduate level studentsin these and other related fields

The what to Expect Baby-sitter's Handbook Heidi Eisenberg Murkoff,2003-01-01 A handbook for every child caregiver explains how to mind

children from newborn to preschooler providing helpful advice on feeding first aid bathing infants potty training time outs sibling disputes and discipline problems Monthly Bulletin, 1918 **Monthly Bulletin** New York (N.Y.). Department of Health, 1919 **The Bloomsbury Handbook of Montessori Education** Angela Murray, Eva-Maria Tebano Ahlquist, Maria McKenna, Mira Debs, 2023-03-09 Maria Montessori 1870 1952 was an Italian physician anthropologist and educator known around the world for her educational philosophy and pedagogy Her work established educational environments tailored to the child where autonomy and independence are encouraged within thriving and respectful communities The Bloomsbury Handbook of Montessori Education is an accessible resource tracing Montessori education from its historical roots to current scholarship and contemporary issues of culture social justice and environmentalism Divided into six sections the handbook encompasses a range of topics related to Maria Montessori and Montessori education including foundations and evolution of the field key writings pedagogy across the lifespan scholarly research global reach and contemporary considerations such as gender inclusive education race and multilingualism Written by scholars and practitioners based in over 20 countries this is the go to reference work for anyone interested in Montessori education **4-H Cavy Project Leader Guide**, 2004 The 4 H cavy project an animal science curriculum for youth in grades K 12 consists of the curriculum introduction cavy project information and experiential hands on activities Monthly Catalog of United States Government Publications, 1989

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