

Child First Aid

KMW Outreach Inc.



Be Prepared in an Emergency

Get equipped with essential first aid skills to protect your child.



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Child First Aid

Introduction

Parenthood is a rewarding journey filled with joy, laughter, and, at times, unexpected challenges. One of the most crucial aspects of being a parent is ensuring the safety and well-being of your children.

Emergencies can happen when we least expect them, making it essential for parents to be equipped with basic first aid skills. In this blog, we'll explore the fundamental first aid skills every parent should know to confidently handle common situations and keep their family safe.

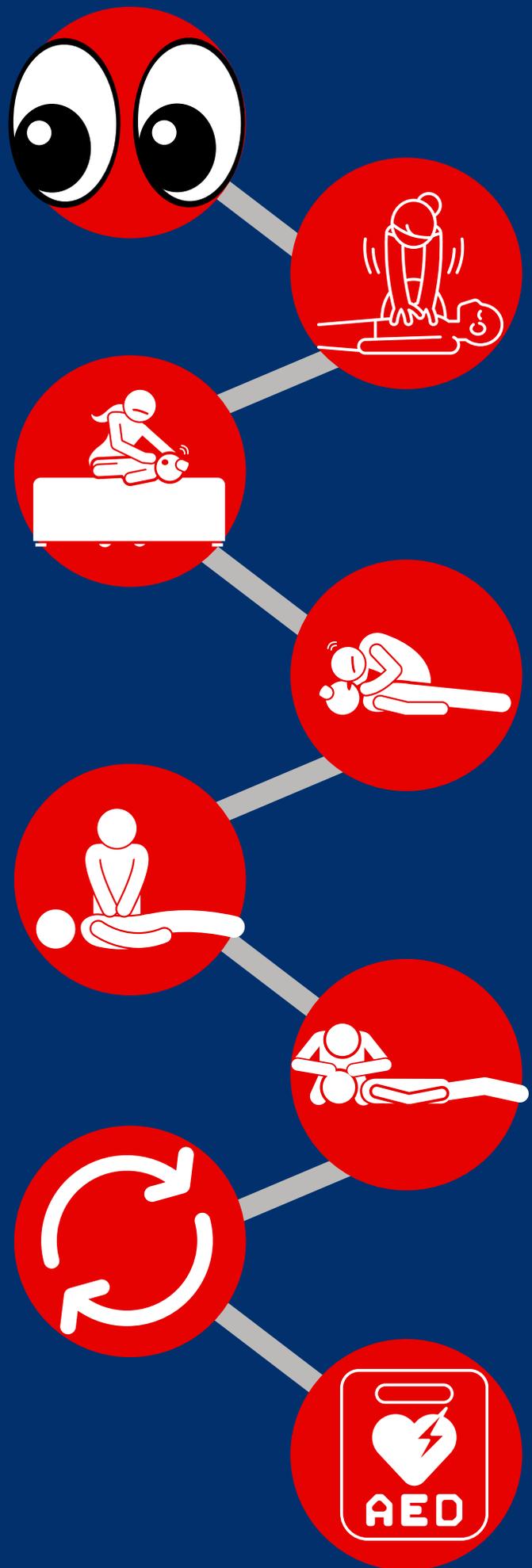


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Child First Aid

CPR

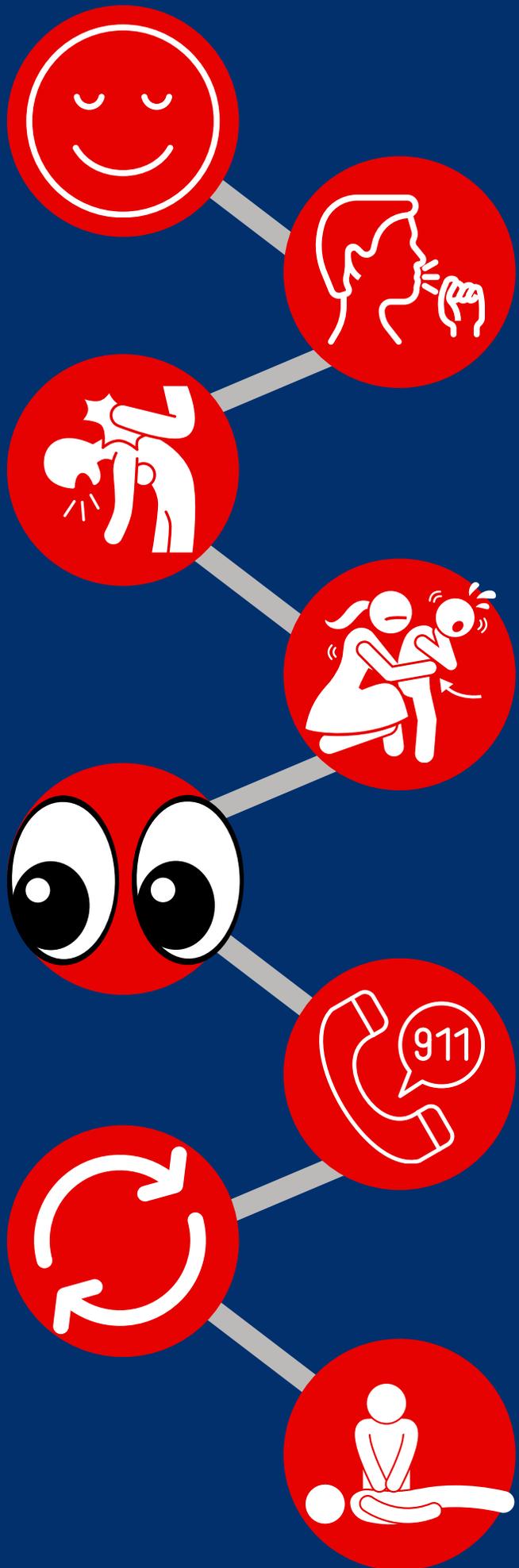
1. Assess the Situation
2. Check for Responsiveness
3. Open the Airway
4. Check for Breathing
5. Start 30 Chest Compressions
6. Give 2 Rescue Breaths
7. Continue CPR
8. Use an Automated External Defibrillator (AED) if Available
9. Stay Calm and Focused



Child First Aid

Choking

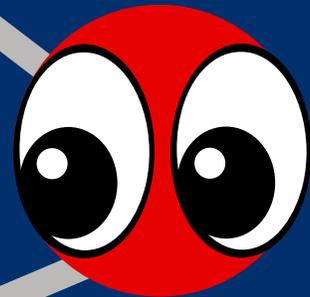
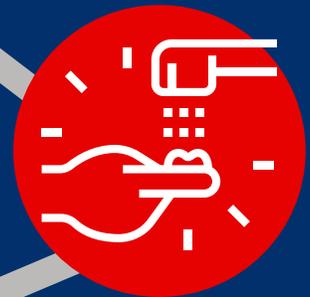
1. Stay Calm
2. Assess the Severity
3. Encourage Coughing
4. Back Blows
5. Abdominal Thrusts
6. Check the Mouth
7. Call for Help
8. Continue Cycles
9. CPR if Necessary



Child First Aid

Wound Care

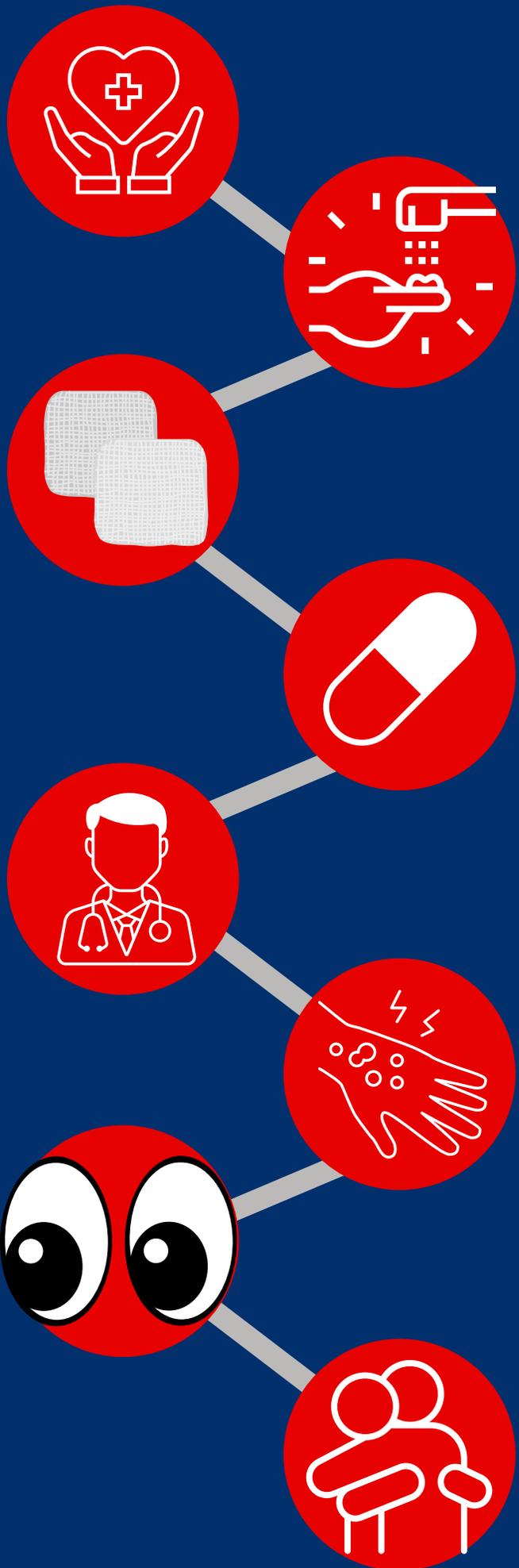
1. Stay Calm and Reassure
2. Clean Your Hands
3. Stop the Bleeding
4. Clean the Wound
5. Pat Dry and Apply Antibiotic
6. Cover with a Bandage
7. Monitor for Signs of Infection
8. Pain Management
9. Comfort and Distraction
10. Seek Medical Attention for Serious Wounds



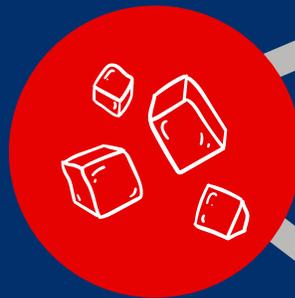
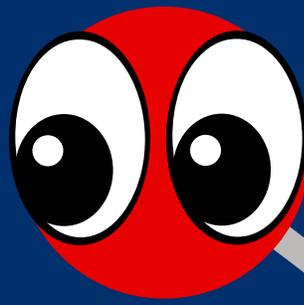
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Burn Care

1. Prioritize Safety
2. Cool the Burn
3. Remove
Constrictive Items
4. Avoid Home
Remedies
5. Cover with a Clean
Cloth
6. Administer Pain
Relief
7. Seek Medical
Attention for Severe
Burns
8. Avoid Popping
Blisters
9. Monitor for Signs of
Infection
10. Encourage
Emotional Support



Child First Aid Fractures & Sprains

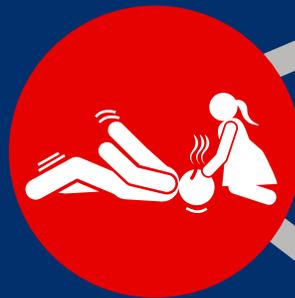
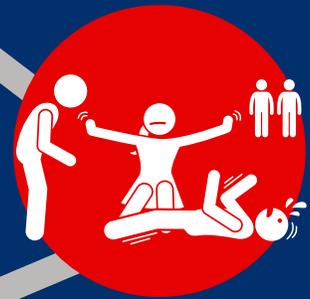
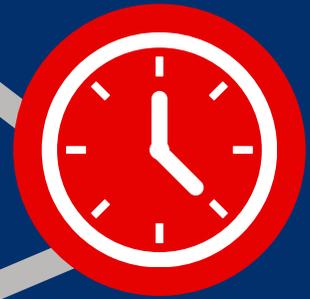


1. Assess the Situation
2. Call for Help
3. Keep Your Child Calm
4. Immobilize the Injured Area
5. Apply Cold Compress
6. Elevate the Limb
7. Comfort and Distraction
8. Avoid Feeding or Drinking.
9. Stay with Your Child:
10. Provide Information to Emergency Services
11. Follow Medical Advice

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Seizures

1. Stay Calm
2. Time the Seizure
3. Ensure a Safe Environment
4. Do Not Restrain
5. Protect the Head
6. Time the Movements
7. Do Not Insert Objects into the Mouth
8. Comfort Your Child
9. Contact Your Child's Doctor
10. Keep a Seizure Diary:
11. Follow Up with Medical Professionals:



Child First Aid Conclusion

Equipping yourself with essential first aid skills is a crucial aspect of responsible parenting. By being prepared for common emergencies, you can provide immediate assistance to your child and potentially prevent more severe outcomes.

Consider taking a certified first aid and CPR course to enhance your skills and confidence. Or if you want to learn the basics without being certified, take our new First Aid Basics course! \$50 and 2 hours and you can gain the confidence and skills required to keep your family safe.

Remember, being proactive in learning these skills can make a significant difference in the safety and well-being of your family.

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For more information on the contents of this guide, read our full blog here:

<https://www.kmwoutreach.ca/blogs/news>

Register for an upcoming first aid program here:

<https://www.kmwoutreach.ca/collections/first-aid-cpr-courses>

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