St John Ambulance
Norfolk

First Aid for Babies and Children

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The Largest Nursery Superstore in the Region
St John Ambulance is the UKs leading First Aid organisation. It trains more than half a million people each year running a number of First Aid courses for children, the general public and the workforce. The charity has more than 53,000 volunteers who are committed to training, caring and saving lives.

First Aid for Babies and Children
For the purposes of this leaflet, a baby is considered to be under one year and a child considered to be between one and seven years of age.

The aim of this leaflet is to give parents and carers a basic understanding of First Aid so that they can act in an emergency.

It is not a substitute for a thorough knowledge of First Aid. Courses are run by St John Ambulance throughout the county.

For more information contact County Headquarters on 01603 621649

Action in an Emergency
If you are faced with an accident in your home you should STAY CALM

Assess the Situation
Check if you or the baby/child is in any danger. If necessary make the situation safe.

• If the baby/child appears unconscious, check for responses.
• Do this by calling his/her name and gently shaking the child's shoulders or tapping the soles of the baby's feet.

NEVER SHAKE A BABY
If the child responds or is obviously conscious, check for injuries and treat as appropriate. Treat breathing problems and severe bleeding as a priority. Get help if necessary.

If the baby/child doesn’t respond, make sure they have a clear airway.

**To Open the Airway:**
Place one hand on the baby’s/child’s forehead and gently tilt the head backwards. Check the mouth for obvious obstructions and then lift the chin with one or two fingers.

Spend 10 seconds checking to see if the baby/child is breathing.

- **Look** to see if the chest is rising and falling.
- **Listen** for breathing.
- **Feel** for breath against your cheek.

If the baby/child is breathing, place him or her supported on their side in the recovery position.

- Check for severe bleeding.
- Treat for any life-threatening injuries.
- Call an ambulance.

**RECOVERY POSITION**

**Baby** (under one) Cradle the baby in your arms with his head tilted downwards. This prevents him choking on his tongue or inhaling vomit.

**Child:** Place the child on its side (as shown). The airway should be opened before and checked after turning the child, to ensure he can breathe.
If the baby/child is **not breathing**, you will need to breathe for them using the Mouth-to-Mouth/Nose or Mouth-to-Mouth technique.

Call an ambulance immediately. If possible, carry the baby/child to the telephone with you. It is possible the baby/child's heart may have stopped beating, in which case you will have to combine breaths with chest compressions.

This is a technique, which is best learned and practised by attending a short First Aid Course.

**Mouth-to-Mouth/Nose (baby)**

**Mouth-to-Mouth (child)**

Carefully remove any obvious debris or obstruction from the mouth.

**Do not probe blindly** or touch the back of the throat with your fingers.

Ensure the airway is open.

Seal your lips around the nose and mouth (baby) or

Seal your lips around the mouth while pinching the nose (child)

Blow gently into the lungs looking along the chest as you breathe. Be very careful not to blow too hard. As the chest rises, stop blowing and allow it to fall.

Do this at a rate of 20 breaths per minute.

Continue until help arrives.

**Choking**

If the baby/child is breathing, encourage them to cough. If they become weaker or stop coughing, bend them forward with the head lower than the chest and give up to five slaps firmly between the shoulder blades. If this fails, call an ambulance and continue with back slaps.

There are additional techniques, which can be used to clear obstructions from the airway.

**These can be learned by attending a short First Aid Course.**
Burns and Scalds
Treat burns and scalds in exactly the same way. The most important thing to remember is to cool the injury using lots of cold water or other bland, harmless liquid like milk or lemonade, until the pain subsides. (This could take 10 minutes or even longer.) Keep calm and give the child lots of comfort and reassurance. If the area of the burn is greater than the size of the child’s hand or appears very deep, dial 999 for an ambulance immediately. **Do not** remove clothing that is stuck to the wound.

Poisoning
Try to find out what the child has swallowed. If the child complains that their lips are burning, give frequent tiny sips of milk or water. **Do not** attempt to make the child sick. Place the child in the **recovery position** in case they are sick. Use your judgement to call a doctor or dial 999 for an ambulance.

Severe Bleeding
Remove clothing to expose the wound. Using a clean pad if available (if not, your fingers will do) apply pressure directly to the bleeding part. If the wound is gaping, press the edges together. If glass or any other object is embedded, do not try to remove it as it may be plugging the flow. Apply pressure around the wound rather than to it. At the same time, raise and support the injured limb. Call for an ambulance. Always give lots of comfort and reassurance.

**Do not** give the child anything to eat or drink.
Fractures
Give lots of comfort and reassurance and persuade
the child to stay still.
Do not move the child unless you have to.
Steady and support the injured limb with your
hands, to stop any movement.
Dial 999 for an ambulance.

Do not give the child anything
to eat or drink.

Febrile Convulsions - or Fits
One child in 25 will have a fit before they are five
years old. Although rarely dangerous, it can cause
alarm. In most cases, the onset of a fit in a young
child may be an advance warning of an infectious
disease, throat or ear infection.
Cool down a feverish child to prevent a fit.
Give lots of comfort and reassurance.
Remove the child's clothing and any bedclothes
and ensure the child is in a cool (but not chilly)
airy environment.
Sponge the child with lukewarm water, starting
from the head and working downwards.
Put soft padding or pillows around the child to
ensure they do not hurt themselves if movements
become violent.
A child who is having a fit should never be left
alone.
Try and lie the child in the recovery position to
ensure an open airway.
Dial 999 for an ambulance.

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