



LESSON 3

FIRST AID



Note: This topic is a great one to invite a guest speaker for, so these slides might serve to capture what the guest speaker does not share. Also, keep in mind that depending on your local area and audience (on or off base) there might be different numbers and resources that should be shared. Please adapt this PPT and tools as needed.

Say: As a babysitter what is your job? (pause) That is right to keep the child safe. However, accidents will happen. If one does happen, remain calm, act quickly, call for help when needed, and stay with the child/ren until help arrives. Time is the greatest factor in an emergency. If you are prepared ahead of time, you can act immediately. Let's learn about some ways we can be prepared.

(Instructor Guide Pages 45-60)

First Steps to Being Prepared

- Know where you are and have the following recorded:
 - ✓ Location address
 - ✓ Phone Number of the Parent/Guardian
- Know the on-post and off-post emergency numbers:
 - ✓ 911
 - ✓ Military Police/ Security Forces
 - ✓ Fire Department
- Request and record the neighbors name and number
- Wear disposable gloves when treating injuries



Say: Before we dive into the various What if's that could occur let's start with the first steps you should take before an emergency ever occurs.

Say: Know where you are and have the following recorded:

- Location address
- Phone Number of the Parent/Guardian

Say: Know the on-installation and off-installation emergency numbers

- 911
- Military Police/ Security Forces
- Fire Department

Say: Request and record the neighbors name and number

Say: Wear disposable gloves when treating injuries

(Instructor Guide page 46)

COMMON INJURIES

What Should you do if you encounter the following?

- Minor Cuts
- Nosebleeds



Say: Let's consider the following topics: **Minor Cuts and Nosebleeds.**

Have you ever experienced one of these and if so, how did you handle the situation? (allow for responses and as needed share the following scripted response as a wrap up)

Say: With a minor cut, be sure wash with warm water and soap. Be sure to tell the parent when they come home about the injury.

Say: A nose may bleed from an injury to the nose or an object in the nose. It may start without warning, especially during the winter months in dry, heated homes. Have the child/ren sit straight with her or his head slightly forward and apply pressure by pinching the nostrils together for 5-7 seconds. Let's practice (demonstrate and allow youth to practice).

Say: If the bleeding does not appear to be stopping or slowing, call the on-post or off-post emergency number or 911 for help. In all cases, call the parent/guardian. Do not allow the child/ren to blow his/her nose. Continue to pinch nostrils gently until help arrives.

(Instructor Guide page 47)

THINK & SHARE

What do you think are the most common injuries that occur while babysitting children?



Images from Microsoft PPT Stock Images



Ask: What do you think are the most common injuries that occur while babysitting children?

*allow time to share amongst the group

(Instructor Guide page 47)

AVOIDING A FIRE RISK

1 Don't smoke

3 When you cook, never leave the stove unattended

2 When you cook, keep the pot handles turned inward

4 Never light the fireplace or woodstove



Say: Of course, we want to avoid fire. We can minimize the fire risk by doing what? Can anyone share one of the examples on the screen? (pause and allow youth to share)

Say: Let's say a fire does occur and you are able to get the fire out without a professional what if the child begins to have trouble breathing, what should you do? (pause) call 9-1-1 and the parents.

(Instructor Guide page 47)

THINK AND SHARE

What do you do if a child gets burned?



Say: What do you do if a child gets burned? (pause)

Say: One thing you should do is notify the parent. It is important to be as open and clear as possible when big and small accidents occur.

Say: If the burn involved more than one body part or is on the neck, head, hands, feet, or genitals you should call 9-1-1. Additionally, you should also call 9-1-1 if the burn was caused by chemicals, explosions, or electricity and if the child is exhibiting breathing troubles.

(Instructor Guide page 47)

Boo Boo Bunny

Let's get crafty to help
care for those we plan to
babysit.



Note: Follow the instructions on page 48, if you plan to include this activity.

Note: This is a tool that a babysitter can use to help with things like cuts and scrapes. It is meant to incorporate an ice cube in the loop of the bunny to provide ice without direct touch to the child's skin. Could also get the same effect through freezing it and then placing it on a cut.

(Instructor Guide page 48)

OTHER INJURIES AND ILLNESS



What should you do if you encounter the following:

- Vomiting
- Diarrhea



Say: Vomiting can occur when children cry hard. If this happens, clean up the child. If crying is not the issue, clean up the child and notify the parent/guardian. Try to determine if the child is having abdominal pain. Always place the child on his/her side to prevent choking.

Say: Diarrhea can occur due to something the child ate, illness such as flu, or a variety of other reasons. If this happens, put on gloves and wash your hands after you care for the child.

(Instructor Guide page 49)

OTHER INJURIES AND ILLNESS



Say: Beyond the previous injuries that could occur, I want you to consider other injuries that might happen. Let's take 1-minute to silently write our ideas down. (pause for 1 minute)

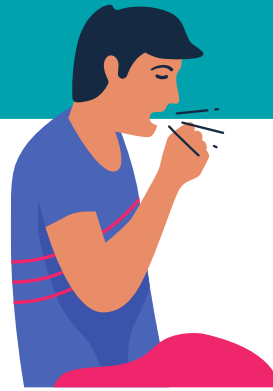
Say: Now, as a group we will discuss possible injuries and how to handle those.

Note: Use page 49 – 50 to support the discussion and ensure that youth understand correct procedures while allowing for discussion.

(Instructor Guide pages 49-50)

CHOKING AND BLOCKED AIRWAYS

- A child may stop breathing due to an illness or injury
- A blocked airway is most often the cause of a blocked airway caused by a foreign object like:
 - small toys
 - pen caps
 - food items (hot dogs, grapes)



Note: Use page 51 and 52 to teach this portion. It is ideal to have props for teaching this section. The most ideal situation is to have a certified instructor teach this section.

(Instructor Guide pages 51-52)

SUDDEN INFANT DEATH SYNDROME

- SIDS is the unexpected and unexplained death of an infant under one year of age
- Best practices for watching an infant:
 - Stay close to the baby
 - Use a baby monitor
 - Check on the baby
 - Place baby on their back
 - infants roll over between 4–6 months
 - Keep the room a comfortable temperature
 - No blankets, bottles, or toys in the crib



Say: The American Academy of Pediatrics defines SIDS as the unexpected and unexplained of an infant under one year of age.

Some best practices to help mediate the risk are:

- Try and stay close to the baby.
- Utilize a baby monitor.
- Frequently check on the baby, even if sleeping.
- When laying a baby down, remember to place a baby on their back, but infants between 4-6 months they may roll over.
- Try to keep the room they are in at a comfortable temperature
- And lastly, make sure there's no blankets, bottles or toys in the crib of the baby

(Instructor Guide page 53)

Tummy Time



Say: Babysitters should interact with the children! One, because it is fun and two it is a great way to keep the children safe and engaged.

Say: When babysitting an infant, it is ideal to get on the floor with babies to maintain eye contact. For infants who do not have head control tummy time is a great way to develop muscles and learn about their surroundings. However, for infant's tummy time is like a workout, so keep tummy time to 3-5 minutes at first and as they age, they can play longer as they develop. Watch for cues to know when they are all done. A baby who becomes fussy or places their head down on the ground are telling you they are all done,

Say: During tummy you can arrange toys like what you see on the screen to create an area of learning. It is ideal to set toys in front of the baby to encourage reach and increase interest.

(Instructor Guide page 53)

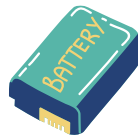
POISON

Children Do Not Know How to Read
It is your job to keep children safe
and remove items that could be
harmful



Poison Control and Prevention Center
1-800-222-1222

Poisonous Products May Include:



Notes: Follow the activity instructions on page 54 by doing a poison look alike game

Say: How do you know what is safe to eat or drink around your house? (pause for response)

Say: One way we know what is safe if by reading the label; however, you will be watching children who might not be able to read. Be sure to keep that in mind, because some medicines look like candy and some toxins might look like juice to little ones.

Do: Activity of poison comparison (Poison Look-Alike test)

(Instructor Guide pages 54-55)

Reflection



Share what you have learned about handling emergencies and one thing that you would like to practice in the next two weeks.

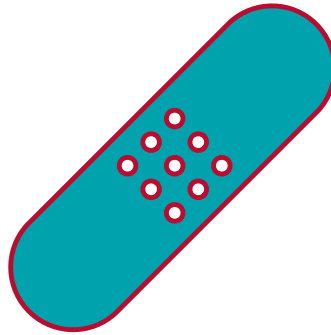


Option 1: Say: Grab a sheet of paper and respond to the above prompt. (pause)

Option 2: Say: Turn to page 57, which is worksheet 3. Complete worksheet three. Raise your hand when you are done for my review and signature.

(Instructor Guide page 57)

Emergency Card Game



Say: Now, for a little role play! We have a deck of “emergency cards.” In pairs/whole group, we will draw a card and two people will act out the scene by following best practices for handling an emergency. After each scenario, we will discuss what went well and what we need to work on. For example, one role play might be a child may have swallowed a handful of vitamins.

Note: example scenarios can be found on page 58 and the correct responses to the scenarios on page 59 of the guide.

(Instructor Guide pages 58 and 59)

WRAP UP



- Know about first aid before you start babysitting
- Make safe decisions
- Keep Calm when handling first aid



Say: Great job to everyone in the emergency card game. It is important to prepare yourself to handle a variety of situations through making safe decisions, remaining calm and putting your first aid knowledge to use when necessary.

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REFERENCE



4-H/Army Child & Youth Services Instructor Babysitting Guide, Pages 45-60

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