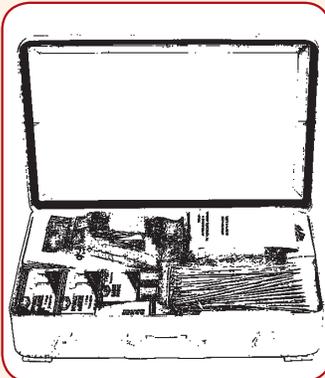


DVD Worksheet Key, Page 1

Have a First Aid Kit

You can buy a ready-made first aid kit or you can make your own. Just buy a plastic tub and fill it with your own items. Here are some suggestions for what to put in your first aid kit:

- Absorbent compress dressings
- Adhesive bandages
- Adhesive cloth tape
- Antibiotic ointment
- Antiseptic wipes
- Pain reliever (acetaminophen)
- Space blanket
- 1 breathing barrier
- Instant cold compresses
- Sterile gloves
- Hydrocortisone ointment
- Scissors
- Roller bandage
- Sterile gauze pads
- Oral thermometer
- Tweezers



A first aid kit has some up-front costs, but you will find it used again and again with your child.



Inconsolable Crying

1. What are some reasons that your baby could be crying inconsolably?

Answers may include: ear infections, abdominal pain caused by gas or cramps, mouth sores, hernias, anal fissures, scratched eye, any external injuries, insect bite or sting.

2. If your baby's **tummy** is distended or enlarged, then call your doctor.
3. What are some things you can try if your baby cries inconsolably?

Answers may include: Try giving the baby a warm bath. Change baby bottles. Feed the baby upright. Swaddle the baby. Lay baby down across your knees and gently rub her back. Eliminate gas-producing foods from your diet if you are breastfeeding. Talk to doctor about changing formula. Don't overfeed your baby. Walk or rock your baby. Create white noise, like a vacuum cleaner.

Choking

1. Most children's airways are about the size of a **drinking straw**.
2. What are some of the signs of choking?

Answers may include: inability to breathe or difficulty breathing; ribs and chest pulling inward during inhalation; child is gasping, wheezing; child is unable to talk, cry, or make noise; child turns bluish; older children may grab their throat or wave their arms; child appears panicked; child becomes unconscious.

3. If you think a child is choking, call **911**. If they are gagging or coughing, then leave them **alone**. When the choking resolves, take the child to the hospital.
4. If your baby is still **awake** but not moving any air, lay her along your forearm. Point her head **downward**, lower than her body, and administer up to five quick, forceful blows between her shoulder blades with the **palm** of your hand.
5. If the object does not dislodge, then turn the infant face-**up**, place two fingers in the middle of the breastbone just below the nipples, and administer **five** quick thrusts down, compressing the chest $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the chest. Continue back blows and chest compressions until the object is dislodged or the infant becomes unconscious.
6. To use the Heimlich maneuver on a bigger child, kneel behind the child and make a **fist** by placing thumb inside, then place fist just above child's belly button. Grasp the fist with your other hand. Make quick, upward and inward thrusts with your fist. Continue until object is dislodged or child loses consciousness.