

FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

STINGS AND BITES

Stinging Insects Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

Animal or Human Bites Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

Ticks Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

Snake Bites Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Use a splint to splint the injured area and keep it at rest, positioned at or slightly below the level of the heart. Try to identify the snake, if you can do so safely.



BURNS AND SCALDS

General Treatment First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

Burns With Blisters Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

Large or Deep Burns Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

Electrical Burns Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

Bruises Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

Cuts Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

Scrapes Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

Splinters Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

Puncture Wounds Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor. Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, or call the pediatrician, or seek emergency care. If there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of overactivity. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is. Call the pediatrician immediately if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an overheated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



FAINING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up within 1 minute, call the pediatrician, or dial 911 or an emergency number. If the child is not breathing, begin CPR.

TEETH

Baby Teeth If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

Permanent Teeth If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleaners. Use milk or cold, running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department.

If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

- Call the pediatrician for a child with a head injury and any of the following:
- Loss of consciousness
 - Drowsiness that lasts longer than 2 hours
 - Difficulty being awakened
 - Persistent headache or vomiting
 - Clumsiness or inability to move any body part
 - Clearing of blood or watery fluid from ears or nose
 - Convulsions (seizures)
 - Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

Synthetic Poisons Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

Fire, Gas, or Smoke Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

Skin Exposure If acids, lye, pesticides, chemicals, poisons, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

**BE PREPARED: CALL 911
KEEP EMERGENCY NUMBERS
BY YOUR TELEPHONE**

PEDIATRICIAN _____

PEDIATRIC DENTIST _____

POISON CENTER _____

AMBULANCE _____

EMERGENCY DEPARTMENT _____

FIRE _____

POLICE _____

Turn Over for Choking and CPR Instructions

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Pediatrics First Aid Guide

Kok Wee Chong, Yi Hua Tan



Pediatrics First Aid Guide:

First Aid for Families American Academy of Pediatrics (AAP),2011-03-07 **Pediatric First Aid for Caregivers and Teachers** ,2013 Caregivers and teachers need to know what to do when a child is injured or becomes suddenly ill Most injuries that require first aid care are not life threatening However first aid can sometimes mean the difference between life and death This course is designed to give caregivers and teachers the education they need to effectively care for children

Comprehensive Guide to Pediatrics: A Parent's Handbook Navneet Singh, Introduction Pediatrics is the branch of medicine focused on the health and well being of infants children and adolescents This book aims to serve as a guide for parents caregivers and medical professionals in understanding child health development common illnesses and preventive care Chapter 1 Understanding Child Development Growth milestones from infancy to adolescence Cognitive and emotional development The role of nutrition in development Recognizing developmental delays Chapter 2 Infant and Newborn Care Essential newborn care practices Breastfeeding and bottle feeding guidelines Sleep patterns and safe sleep recommendations Common newborn health concerns Chapter 3 Common Pediatric Illnesses Fever and infections Respiratory illnesses colds flu asthma Digestive issues colic reflux diarrhea Skin conditions eczema rashes diaper rash Allergies and immune system disorders Chapter 4 Immunization and Preventive Care Importance of vaccinations Recommended immunization schedule Preventive screenings and checkups Maintaining overall child wellness Chapter 5 Nutrition and Healthy Eating Introduction to solid foods Balanced diet recommendations by age Dealing with picky eaters Managing food allergies and intolerances Chapter 6 Pediatric Emergencies and First Aid Recognizing signs of serious illness Basic first aid for common injuries When to visit the emergency room CPR and choking prevention techniques Chapter 7 Mental Health and Emotional Well being Understanding childhood anxiety and depression The impact of social media and technology Building resilience and confidence in children Recognizing signs of bullying and abuse Chapter 8 Special Needs and Chronic Conditions Autism spectrum disorder ASD and ADHD Managing chronic illnesses diabetes asthma epilepsy Support systems and resources for parents Inclusive education and therapies Chapter 9 Adolescent Health and Challenges Puberty and hormonal changes Teen mental health and stress management Substance use and risky behaviors Encouraging healthy lifestyle choices Chapter 10 Parenting Strategies and Family Dynamics Effective discipline and positive reinforcement Encouraging open communication Building strong family relationships Work life balance for parents Conclusion A child's health is a dynamic and evolving journey By staying informed proactive and engaged in a child's physical and emotional well being parents and caregivers can help foster a bright and healthy future for their children **The ^AParents' Guide to Psychological First Aid** Gerald P. Koocher,Annette M. La Greca,Olivia Moorehead-Slaughter,Nadja N. Lopez,2024-04-04 The Parents Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up Clear practical and to the point this is

a go to reference that parents will find themselves returning to again and again as their children grow With practical tips nonjudgmental advice and suggestions for additional resources at the end of each chapter this useful and thought provoking book will be of immense value to new and seasoned parents alike *Pediatric First Aid for Caregivers and Teachers Resource Manual, Revised First Edition* American Academy of Pediatrics, American Academy of Pediatrics Staff, 2007-05-25 An Invaluable Source Of Information The Resource Manual Includes Helpful Tips And Guidelines For Teaching A Pedfacts Course Skill Station Strategies And Activities Activities That Will Keep Students Engaged In Group Discussions Administrative Information And Forms Visit [Http Www Pedfactsonline Com](http://www.pedfactsonline.com) For More Details On The Pediatric First Aid For Caregivers And Teachers Pedfacts Course Manual of Pediatric Nutrition, 1997-10-01 This revised 3rd edition of the Twin Cities District Dietetic Association TCDDA Manual of Pediatric Nutrition is the result of a cooperative effort on the part of the pediatric dietitians from the major children s hospitals pediatric units and public health agencies serving children in the Minneapolis St Paul metropolitan area This joint effort was undertaken with the belief that a single manual written by dietitians with experience and expertise in various areas of pediatrics would promote continuity in the nutritional care of the pediatric population in the Twin Cities Topics include General Nutrition Nutrition Assessment Consistency Modifications Diabetes Weight Management Nutrition for Children with Special Health Care Needs and many more Fire Safety Education Resource Directory Barry Leonard, 1998-10 This compendium of materials will be useful in building and supplementing a public education program for fire safety Lists a wide range of programs videotapes booklets manuals pamphlets brochures program kits and web sites that are available from diverse sources throughout the U S There are 13 categories burn and scald prevention CPR and first aid electrical hazards escape plans and drills fire and the elderly fire extinguishers fire safety and the disabled flammable fabrics residences residential fire inspections and home safety fire safety programs for schools and day care programs smoke detectors and other programs Guidelines for Planning Health Services National Health Planning Information Center, Rita Fox, 1978 **Paediatric First Aid for Carers and Teachers (Paedfacts)** American Academy of Pediatrics (AAP), A. A. P. American Academy of Pediatrics, 2009-12-22 Carers and teachers need to know what to do when a child is injured or becomes suddenly ill Most injuries that require first aid are not life threatening Usually first aid involves simple common sense procedures However first aid can sometimes mean the difference between life and death All carers and teachers should have paediatric first aid training Paediatric First Aid for Carers and Teachers PaedFACTs can be read either as a stand alone manual or as part of the very successful PaedFACTs course designed to give carers and teachers the education and confidence that they need to effectively care for children The PaedFACTs course and manual have been carefully written to align with the advice and guidance issued by prominent United Kingdom UK bodies Endorsed by the College of Paramedics in the UK and the American Academy of Pediatrics internationally any parent carer or teacher can be assured of up to date and relevant first aid information approved by

professional organisations **Lippincott Manual of Nursing Practice** Suresh K. Sharma,2019-01-01 NA Injury Prevention for Young Children Bonnie L. Walker,1996-02-13 Unintentional injuries including car crashes drowning burns poisoning and suffocation are a leading cause of death to young children Child abuse infectious diseases and food poisoning also affect children under five This bibliography provides information useful to those who care for young children who are doing research on how to prevent injuries or who supervise or train people who care for children either in child care or home settings The volume is organized by types of injuries and each section includes references providing information about prevalence risk factors specific hazards and prevention techniques for the the injury area Unintentional injuries including car crashes drowning burns poisoning and suffocation are a leading cause of death to young children Child abuse infectious diseases and food poisoning also affect children under five This bibliography provides information useful to those who care for young children who are doing research on how to prevent injuries or who supervise or train people who care for children either in child care or home settings The volume is organized by types of injuries and each section includes references providing information about prevalence risk factors specific hazards and prevention techniques for the injury area The opening chapter of the book includes references that address injury prevention in general or more than one injury class as well as curriculum guides and other training materials addressing more than one injury class The remaining chapters address individual injury classes Each chapter opens with a summary of findings related to the injury prevention topic

Baby Bear Book, The: A Practical Guide On Paediatrics (Fourth Edition) Kok Wee Chong,Yi Hua Tan,2023-01-05 For the past two decades The Baby Bear Book has been the go to text for healthcare professionals caring for sick children in Singapore With an emphasis on the clinical aspects of paediatric care the 4th edition includes important revisions and new chapters by experienced clinicians to enhance its usefulness in today s practice The Baby Bear Book is a practical guide which provides the latest evidence based information that is relevant to the care of children from newborn through adolescence This book provides key messages from the relevant literature and practical solutions to real problems faced by those who work with sick children presented by experienced expert paediatricians It is a ready reference for paediatricians and family physicians at every stage of their training and long after **Health Planning Bibliography Series** ,1978

Essential Clinical Skills in Pediatrics Anwar Qais Saadoon,2018-09-03 This book is a concise learning guide dedicated to the full scope of pediatric history taking and clinical examination for use in OSCEs as well as clinical life It guides the reader simply and methodically through what to ask when taking a history and how to perform a comprehensive physical examination The book contains more than 30 History Stations covering the most common pediatric cases as well as 10 Examination Stations covering examinations of the different body system It provides students and resident doctors worldwide with the necessary core information for pediatric history taking and clinical examination all in a brief and interesting format The book adopts a reader friendly format through a lecture note style and the use of Key Points Clinical Tips Notes Tables

and Boxes listing the most important features It is also richly illustrated demonstrating the correct way to perform clinical examinations Written by a resident for residents and medical students this book has been revised foreworded and peer reviewed by fourteen prominent authorities in the field of Pediatrics from various parts of the world including the United States United Kingdom Australia Italy Canada and India and from different universities Illinois Pennsylvania Washington Oxford Edinburgh Keele Melbourne Toronto Parma and Florence Universities These experts recommend this book for medical students pediatric residents and pediatric practitioners as well as pediatricians

The New Father: A Dad's Guide to the First Year (Fourth Edition) (The New Father) Armin A. Brott, 2024-05-21 The best selling guide to the first year of fatherhood trusted by hundreds of thousands of new dads and their partners This indispensable handbook from the author of the million selling Expectant Father provides a reassuring month by month overview of your baby's first year It covers the milestones in your child's development ways you can bond with your child and support your partner and what's going on with you as a new dad The fourth edition of The New Father features a user friendly new design and is updated from cover to cover with the latest information about healthcare financial planning parental leave and work life balance and much more It incorporates the expertise of leading pediatricians and researchers and the real life experiences of hundreds of dads and moms Illustrated with stress relieving cartoons The New Father is a friendly readable and inclusive companion for all new dads Moms will love it too

The Complete Guide to Food Allergies in Adults and Children Scott H. Sicherer, 2022-05-03 The most complete guide to preventing testing living with and treating food allergies in children and adults In this comprehensive evidence based guide for adults and children with food allergies and those who care for them Dr Scott H Sicherer provides all the critical information you need on preventing testing living with and treating food allergies Organized in an accessible Q A format and illustrated with case studies the book thoroughly explains how to prevent exposure to a known allergen at home at work at school in restaurants and elsewhere Emphasizing the most recent advances Sicherer touches on everything from handling an anaphylactic emergency to diagnosing allergies and intolerances all while detailing chronic health problems caused by food such as eczema hives and gastrointestinal symptoms He also shares the benefits and risks of new therapies new prevention guidelines new approaches to improve quality of life and reduce anxiety the latest insights on adult onset food allergies new diagnostic tests now commercially available approaches shown to increase safety in school the latest thinking on treating eczema through the diet new doses and self injection devices for treating food anaphylaxis new information about food allergies that affect the gut Dr Sicherer also reviews food reactions that are not allergic such as lactose intolerance irritable bowel syndrome and celiac disease He explains how to get adequate nutrition when you must avoid dietary staples and discusses whether allergies ever go away they do and sometimes they return Finally he includes an allergy and anaphylaxis emergency plan and checklists to reduce cross contamination This is the most authoritative and accessible allergy book on the market

The American Academy of Pediatrics Guide to Your

Child's Symptoms Donald Schiff, Steven P. Shelov, American Academy of Pediatrics, 1997 The most complete authoritative and up to date guide to children's symptoms available from the most respected authority on child and adolescent health care in America Keep it close at hand Sesame Street Parents magazine When an infant or small child is ill it is often very difficult for a parent to understand the nature of the problem The American Academy of Pediatrics Guide to Your Child's Symptoms enables a parent to identify a symptom quickly learn its possible cause and determine how best to proceed More than one hundred symptoms are listed alphabetically and the text and illustrations that accompany each one are arranged in easy to follow charts The Guide also includes Advice and guidelines on evaluating the seriousness of the symptom and what action a parent should take complete with a specific section on when to consult a pediatrician Comprehensive entries covering all children from birth through adolescence Scores of sidebars on important topics such as recognizing language milestones correcting eye problems and stopping a nosebleed An illustrated guide to basic first aid Guidelines for safety and accident prevention Widely praised for its unprecedented user friendly style and format the hardcover edition of the Guide to Your Child's Symptoms was a number one Library Journal reference bestseller and a selection of the Literary Guild The book also won the 1998 American Medical Writers Association Medical Book Award for Lay Readers as well as a 1998 National Health Information Award

National Health and Safety Performance Standards DIANE Publishing Company, 1996

Textbook of Clinical Pediatrics A. Y. Elzouki, H. A. Harfi, H. Nazer, William Oh, F. B. Stapleton, R. J. Whitley, 2012-01-10 The second edition of the textbook is planned to become a MRW textbook It will be written by 389 eminent pediatricians and scientists from leading university hospitals and health centers in North America Europe Asia and Australia Written with more than 425 chapters the book will encompass virtually all pediatric subspecialties covering every pediatric disease and organ system Its strong clinical focus with a problem based approach will help practicing pediatricians residents medical students as well as family practitioners to manage sick children in a practical way based on scientific evidence Thus it will become a valuable reference and resource for all health care practitioners dealing with pediatric patients

The Complete Resource on Pediatric Office Emergency Preparedness Rohit Sheno, Faria Pereira, Joyce Li, Angelo P. Giardino, 2013-06-01 This book describes key knowledge concepts skills and up to date algorithms pertaining to common emergencies that can take place in a pediatric office including seizures anaphylaxis and shock and diabetic ketoacidosis The authors supported by peer review from top specialists in Pediatric Emergency Medicine at the Baylor College of Medicine offer the first comprehensive educational resource on pediatric office emergency preparedness devoted exclusively to the practicing primary care health care provider and his/her team During emergencies providers and their staff are called on to work efficiently as a code team which is a source of considerable apprehension for many primary care pediatricians This unique reference guide contains a wealth of information and resources in a compact and practical form It presents the most important knowledge skills office resources and team interactions required by practitioners to successfully treat pediatric emergencies in the office

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