



# Essential baby first aid

## WHAT TO DO IF YOUR BABY IS CHOKING

### 1. CHECK THEIR MOUTH

- If you can, pick out the object carefully with your fingertips

### 2. SLAP IT OUT

- Lay your baby face down on your thigh and support their head
- Give up to five sharp blows between their shoulder blades with the heel of your hand



### 3. SQUEEZE IT OUT

- Lay your baby face up along your thigh
- Using two fingers, push inwards and upwards
- Give up to five chest thrusts
- Repeat up to three times if necessary
- If the obstruction hasn't cleared call 999/112 for an ambulance
- Repeat until the blockage clears or the ambulance arrives. If your baby stops breathing, start CPR.

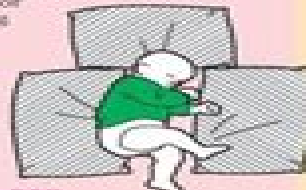


## WHAT TO DO IF YOUR BABY IS HAVING A SEIZURE

### 1. CLEAR OBJECTS THAT MAY CAUSE INJURY

### 2. DON'T TRY TO RESTRAIN THEM

- Instead, protect them. Put pillows or soft padding around them



### 3. COOL THEM

- Take away bedding and remove a layer of clothing

### 4. CALL 999/112 FOR AN AMBULANCE

- When the seizure has stopped, put them in the recovery position while you wait.

## WHAT TO DO IF YOUR BABY SUFFERS A BURN

### 1. COOL THE BURN

- Move them away from heat
- Run the burn under cold water for at least 10 minutes
- Don't use ice, creams or gels



### 2. PROTECT

- Remove the baby's clothing unless it's stuck to the burn
- Cover the burn with cling film or a clean plastic bag



### 3. SEEK HELP

- Call 999/112 for an ambulance or take them to the hospital.

## WHAT TO DO IF YOUR BABY IS NOT RESPONDING TO YOU

### 1. CHECK FOR A RESPONSE

- Tap their foot or call their name



### 2. OPEN THEIR AIRWAY



### 3. GENTLY TILT THE HEAD BACK AND CHECK FOR BREATHING

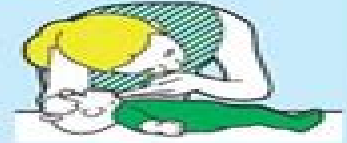
- Place your ear above their mouth and nose

#### If your baby is breathing

- Hold them in the recovery position

#### If your baby is not breathing

- Begin CPR



## BABY CPR – WHAT TO DO IF YOUR BABY ISN'T BREATHING

If your baby is not responding to you and they are not breathing, follow these steps to perform CPR.

### 1. CALL 999/112 FOR AN AMBULANCE

- If you're on your own, you need to give one minute's worth of CPR before you can call for help

### 2. 5 PUFFS

- Put your lips around their mouth and nose and blow steadily for up to one second
- Give five puffs.



### 3. 30 PUMPS

- Using two fingers in the centre of the chest, give 30 pumps at a rate of 100-120 per minute



### 4. REPEAT 2 PUFFS AND 30 PUMPS

- Give two puffs followed by 30 pumps
- Continue CPR until help arrives.

## HOW TO HOLD YOUR BABY IN THE RECOVERY POSITION

If your baby is not responding to you but is breathing, you will need to hold them in the recovery position until help arrives.

### 1. Cradle them in your arms, with their head tilted downwards

- 2. Call 999/112 for an ambulance
- 3. Monitor their breathing, pulse and level of response.



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# Pal Video First Aid For Infants

**Victor M. Corman**



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**Integrated Care - E-Book** Kirsty Marshall, Hayley Bamber, Ruth Garbutt, Chris Easton, 2023-07-11 Integrated care aims to address inequality through removing fragmented health and social care It is being adopted worldwide including in the UK where the NHS is undergoing significant transformation as it introduces integrated care for all providers This new book aims to equip students and practitioners to take the lead in this new model of care delivery It will help them understand the key principles of integrated care and then apply these to the design implementation and practice of integrated care in their own work Written by academics and operational healthcare leaders this book is ideal for final year students of nursing allied health and social care postgraduates and all nursing and allied health professionals who will be required to work within the UK s new integrated care systems Comprehensive coverage of the design implementation and practice of integrated care Covers theory and concepts of integrated care as well as applicability to practice for individuals organisations and systems Presents a comprehensive and up to date evidence base for integrated care Accessible to a range of practitioners Wide range of case studies provide real life examples of how integrated care has been applied in different areas Contributions from academics across disciplines including nursing occupational therapy social care and public health Co written with business partners clinical leads or specialists within their field reflects the realities of practice Includes an international focus with examples from countries which have a strong history in integrated care such as the Netherlands New Zealand USA and Finland      *Bowker's Complete Video Directory 2001* ,2001      *Video Rating Guide for Libraries* ,1994      *Film and Video Finder* , 1997 ,1997      WAIMH Handbook of Infant and Early Childhood Mental Health Joy D. Osofsky, Hiram E.

Fitzgerald, Miri Keren, Kaija Puura, 2024-02-21 This book focuses on cultural variations and perspectives in infant and early childhood mental health and describes parenting caregiver young child relationships across the globe including countries in Europe Asia South America South Africa the Middle East and the United States It examines infant and early childhood assessment issues such as infant parent caregiver observations that comprise an important component of assessment during the earliest years In addition the book presents different clinical interpretations practices and treatment approaches in infant

mental health e.g. evidence based treatments and promising practices It explores ways to help support and provide clinical interventions and treatment for infants toddlers and their families within the home clinic and community based environments Key areas of coverage include Systemic assessment of adverse childhood experiences ACEs Infant and early childhood mental health assessment in indigenous contexts Psychodynamic approaches in infant mental health Evidence based therapeutic interventions for very young children Community based interventions in infant mental health The WAIMH Handbook of Infant and Early Childhood Mental Health Volume Two is a must have reference for researchers professors and graduate students as well as clinicians and all related therapists and professionals in infancy and early child development developmental psychology pediatrics child and adolescent psychiatry clinical social work public health and all related disciplines *The Video Source Book* David J. WEINER,1990 [Adopting a Daughter from China](#) Denise Hoppenhauer,2006-11 From the Author of *Adopting A Toddler* Denise Hoppenhauer brings you *Adopting a Daughter from China* Written for first time parents the practical advice offered here combines the challenging aspects of parenthood with personal experience and the unique needs of adoptive families This easy to read book covers every aspect of adopting from China preparing the nursery changing a name the baby wardrobe child development selecting a pediatrician child safety feeding baby the wait packing for your trip travel to China early days together pre and post adoption resources and more Even better than the first the combination of Denise s research and experience as an adoptive parent makes *Adopting a Daughter from China* a must read for first time parents Mary Mooney Executive Director Adoption Guides Once again Denise provides practical down to earth information for parents wishing to adopt this time for those wanting a daughter from China Her style is easy and enjoyable to read her tips are excellent and her information well researched Anne R Hughes Executive Director Beacon House Adoption Services Inc Denise Harris Hoppenhauer is the Author of *Adopting A Toddler What Size Shoes Does She Wear* She is the Executive Director of Adobaby LLC Adoption Consultants and Dossier Assistance The Author is donating 10% of her proceeds to organizations that aid orphaned children *Black Belt* ,1995-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Children's Writers' & Artists' Yearbook 2024** Bloomsbury Publishing,2023-07-20 A one stop welcome to the world of publishing worth its weight in gold Smriti Halls Over the last two decades the Children s Writers Artists Yearbook has become the indispensable guide to writing for children of all ages from pre school to young adults It is an essential item for any bookshelf it includes advice tips and inspiration for authors and illustrators working across all forms fiction non fiction poetry screen audio and theatre and magazines It also covers the financial contractual and legal aspects of being a writer and illustrator Its directory of 1 200 listings with contacts are

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Children's Writers' & Artists' Yearbook 2023 Bloomsbury Publishing,2022-07-21 Foreword by bestselling and award winning author Smriti Halls The indispensable guide to writing for children of all ages from pre school to young adults this Yearbook provides inspirational articles from dozens of successful writers and illustrators on how to get your work published It includes a directory of over a thousand up to date listings with contacts from across the media and publishing industry This bestselling Yearbook is full of practical advice on all stages of the writing and illustration process from getting started writing for different markets and genres and preparing an illustration portfolio through to submission to literary agents and publishers It also covers the financial contractual and legal aspects of being a writer and illustrator Widely recognised as the essential support for authors and illustrators working across all forms fiction non fiction poetry screen audio and theatre it is equally relevant to those wishing to self publish as well as those seeking a traditional publisher agent deal It includes advice from bestselling writers such as Sarah Crossan Kiran Millwood Hargrave Tom Palmer David Wood and many more Additional articles free advice events information and editorial services at [www.writersandartists.co.uk](http://www.writersandartists.co.uk)

**The Unofficial Guide to Walt Disney World 2017** Bob Sehlinger,Len Testa,2016-09-20 Hotels attractions and restaurants in all price categories are listed with evaluations based on reader surveys and critiques compiled by unbiased inspectors of Orlando s most famed attraction

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Catalog of Educational Captioned Films/videos for the Deaf ,1990

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**Film & Video Finder: Title section (L-Z)** ,1997

Post Report ,1986

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