

Our classes focus on prevention, recognition and treatment of common first aid emergencies. Accidents are never planned so we teach you how to be prepared.

1. Would you know what to do if your infant or child is choking?
 - Choking is the 3rd most common reason for accidental death in infants and children. Children most often experience it less than four years of age. Although children can choke on small items, such as coins and toy parts, food is the most common cause of choking.
 - If your infant does starts choking (cannot talk, breath or make any noise) you must begin a series of five back slaps and five chest compressions, with the infants head lower than the chest, until the infant can make noise or falls unconscious, if they fall unconscious you must immediately send someone or you go call 911 and start the steps to CPR if you know how, if you don't know how, the 911 operator can help you.
 - If your child (age one and up) starts choking, begin abdominal thrusts while kneeling directly behind him/her. If the child should become unconscious, immediately access 911 and start the steps to CPR if you know how, if you don't know how, the 911 operator can help.
 - Preventive measures:
 1. Keep all small items away from young children. A child up to 3 years old should not play with any toy or object that can fit through a hole of toilet paper. Toys must be age appropriate.
 2. Teach young children not to speak with food in his/her mouth because a laugh or sudden gasp can direct food into the airway.
 3. Make certain that young children sit when eating. Do not allow the children to eat and run in the home or playground. Also do not give children food to eat while in the stroller (on the go). Choking is a silent emergency so if you are strolling and your infant/child starts to choke you will not hear him/her.
 4. Cut and break up food into small pieces. Any food round in diameter must be at least quartered.
 - Most common choking foods, listed below: Avoid or make sure to cut these foods up into small pieces to children under the age of 4:

Apple peels	Marshmallows
Bony fish	Nuts
Chewing gum	Oranges
Corn kernels	Peanut butter
Grapes	Popcorn
Hard candy	Raisins
Hotdogs	Raw carrots
Ice	Raw Celery



Picture of Relief of Choking on an infant

2. Would you know what to do if your infant or child stops breathing?
 - SIDS is the number one reason for respiratory and cardiac arrest in infants under six months. It is important that infants are placed on their back to sleep. Infants should not sleep with anything in their crib/bassinet that can potentially be a suffocation hazard (e.g. pillows, blankets, stuffed animals). If your infant appears unconscious and stops breathing:
 1. Send someone to call 911 and start CPR
 2. If alone, start the steps to CPR if you know how, if you don't know how a 911 operator can help.

3. Would you know what to do if your infant or child has a seizure?
 - Febrile seizures, seizures brought on by high fevers or sudden change in temperature, are common in children up to age 4. If your child has a fever you should do the following:
 1. Consult the pediatrician.
 2. Give the child Tylenol or Motrin. Always write down the time the medication was given. It is very important to give the proper dosage of medicine.
 3. Do not put lots of clothing on the child, he/she will not "sweat the fever;" too much clothing will cause the fever to elevate.
 4. If he/she has a fever, sponge bathe the child in tepid water (not ice water).
 5. Do not bring the child into the sun (heat will increase the fever).
 6. Always monitor the fever at night since the temperature will normally rise when the body is at rest.
 - If your child has a seizure, lay the child on a hard flat surface, clear the area so that the child doesn't get hurt. Do not put a hard object in the child's mouth (eg spoon), he/she will not swallow his tongue.

4. Would you know what to do if your child has an allergic reaction?
 - Allergic reaction can happen anywhere, any age and at any time.
 1. Always be prepared with Benadryl, and know the proper dosage.
 2. If the allergic reaction is severe, (i.e. trouble breathing, breathing stoppage) known as anaphylactic shock, immediately call 911
 3. If the person falls unconscious and stops breathing, start the steps to CPR if you know how, if you don't know how, a 911 operator can help.

4. Always follow up with your pediatrician/physician they may want to prescribe an epinephrine pen (epi pen) in case a severe allergic reaction were to happen in the future.
5. OTHER EMERGENCIES TO CONSIDER that can lead to breathing stoppage or shock to the body:
 - Head/Neck or Back injuries
 - Poison Emergencies
 - Severe Blood Loss
 - Burns and Electric Shock
 - Dehydration
 - Hypothermia
 - Heat Exhaustion
 - Low Blood Sugar
 - Fainting
 - Shock

Would you know what to do?

ACCIDENTS ARE NEVER PLANNED, ALWAYS BE PREPARED
Please visit www.BabyBeSafe.com for more information on accident prevention
Or call (718) 940-4200 or toll free at (888) SAFE-557