

CPR and First Aid for Babies and Toddlers

WEEK 1: Saturday 10am – 1pm

Want to know more?
Log on to www.greatexpectations.nl
Contact Tina Keogh by e-mail tina@greatexpectations.nl, or call 06 50 634 434



2008

centrally located in The Hague



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TWO SATURDAY MORNINGS

Week 1: Emergency Life Support – early years

Week 2: Basic First Aid – early years

practical and interactive course
for parents with babies and young children

Emergency Life Support

- Communication and casualty care – how do we talk to children in a manner that promotes confidence and reduces anxiety?
- Primary Survey - Steps to help you stay calm and assess your priority of treatment.
- Unconscious casualty – what are the causes? Learn the correct recovery position for a baby and a small child.
- Choking – key recognition features, causes, treatment for appropriate age range.
- Resuscitation – recognising when breathing is absent. Learn how to inflate casualties' lungs using rescue breaths. Learn to perform chest compressions for both infant and child in accordance with current UK/ERC guidelines.
- Severe bleeding – Controlling bleeding using direct pressure and elevation. Learn how to use the appropriate dressings and bandages.
- Where do I get emergency help in The Netherlands? What should be in my first-aid kit?

WEEK 2: Saturday 10am – 1pm

Basic First Aid in the Home

- Febrile Convulsions – treating a child with a temperature.
- Meningitis – recognition features, getting help.
- Bleeding (minor) recognising and preventing infection.
- Burns – what do I do if my child knocks over my coffee cup?
- Sprains and strains – what is the difference?
- Fractures (broken bones) – the most common fracture from falling down Dutch stairs is a broken collarbone. Would you recognise it and know how to treat it?

COST

€80,- (incl. 19% VAT)

Tina initially trained as an antenatal teacher with the UK National Childbirth Trust (NCT). She then also went on to become a fully qualified instructor with IAIM, the International Association of Infant Massage and has since trained as a CPR and First Aid Instructor with the Irish Red Cross and St John's Ambulance in the UK.