

# First Aid

This is a non-certificated workshop which aims to give parents and carers of babies and young children the confidence to deal calmly with emergency situations. At present the session is being delivered over Zoom. The workshop is facilitated live by Liz Foster who has a background in health care and is an NCT trained facilitator in Antenatal Education. Liz's First Aid training qualifications are with Nuco Training.

## What To Expect From The Course

The main focus of the workshop is on young babies. However, CPR and management of choking in children up to the age of puberty is also covered. The workshop is interactive and teaching activities include videos, demonstrations, quizzes and class discussions. Participants are encouraged to bring a soft toy or a "towel baby" to the course and they are given the opportunity to practise procedures such as CPR and how to deal with choking on their toy.

### The session covers:

- Unconscious baby & child (0-puberty)
- Choking (0-puberty)
- Croup
- Bump to head
- Allergic reaction
- Burns
- Bleeds
- Meningitis
- Fever
- Febrile seizure

The workshop lasts for 2 hours and 30 minutes. The first half of the session covers C.P.R and choking. The second half covers signs that your baby is unwell and moves on to common childhood first aid situations. There is a break half way through the workshop for participants to get some refreshments.

Time: Tuesdays and Saturdays @ 2pm to 4:30pm

Cost: £20 per person / £30 for two people attending on one screen

The workshop is currently administered by The Pregnancy and Parent Centre in Edinburgh. To inquire / book, please contact:

[info@pregnancyandparents.org.uk](mailto:info@pregnancyandparents.org.uk)

"Really good baby first aid course with Liz via Zoom. So much was covered in the session and clearly explained"

Some feedback from First Aid Workshops taught since June 2020

"A very warm manner with a friendly teacher who made all questions seem valid and no query too small."

