

NEW ZEALAND
baby
on the move
where little things matter

Your First Aid Handbook



**Prepared by Baby On The Move in partnership
with Mini First Aid and Parachute First Aid**

Checklist



Ensure you're equipped to handle your baby's illness or injury.

This list of essentials will help you get started.

- Digital underarm thermometer
- Saline solution
- Cold pack
- Plasters in various sizes - latex-free for sensitive skin
- First aid tape and dressings for bigger ouches
- Bandages for strains and sprains
- Gloves
- Splinter probe, tweezers and scissors
- Vomit bag
- First Aid Guide including a list of important numbers - Healthline, Poison Centre etc.
- Pain relief (paracetamol / ibuprofen)
- Antihistamines (check age suitability in Pharmacy before buying) - oral liquid and cream
- Antiseptic or antibacterial cream
- Burn gel (if using, ensure 20 minutes of cooling is completed first)
- Hand sanitiser
- Nasal aspirator

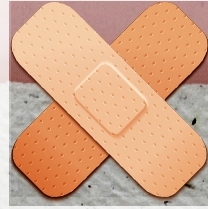
• great tips •

- ★ **Keep a well-stocked kit in your home, buggy and car**
- ★ **Keep first aid kits and medication out of reach of children**
- ★ **Check expiry dates on your kits every 6 months**
- ★ **Sign up for a baby/child first aid course**

Ready-made kits available at
Baby On The Move thanks to Parachute First Aid.

[Click here to see our First Aid Kits.](#)

Cuts and Scrapes



Stop the Bleeding

Apply gentle pressure with a clean cloth, towel or dressing to stop the bleeding. This can take up to 20-30 minutes. Bleeding that is 'squirting' or restarts once pressure is removed after 20-30 minutes needs medical attention.

Clean the Wound

Clean the wound under running tap water. Gently pat dry with a clean towel or cloth.

Cover the Wound

Apply a sterile dressing such as a plaster if required.

Change the dressing as often as needed to keep it clean and dry. This gives you a chance to keep the area clean and to check the wound for signs of infection (ie. redness, swelling, puss).



Burns

• Avoid •

Do not apply ice, honey, butter, lotions or ointments to the burn.

Stop the Burn

Remove any affected clothing or nappies as these retain heat and continue burning the skin. **DO NOT remove if skin is peeling off with it**, go straight to cooling.

Cool the Burn

Place the burn under cool running water for 20 minutes. **This step is crucial!**

Cover the Burn

Cover with a clean non-adhesive dressing such as plastic cling film (ie. glad wrap). **DO NOT wrap around a limb or use it on the face.** Supervise continuously if applying on a young child due to risk of suffocation or choking.

Relieve Pain

For adults and children, take over-the-counter pain relief such as paracetamol or ibuprofen if necessary. Consult a healthcare provider before administering medications to babies under 3 months old. Always seek medical attention for a baby or child who has sustained a burn.

Insect Bites and Stings



Remove Stinger

Use a flat object like a credit card to scrape out the stinger as quickly as possible (squeezing can further extract the venom from the stinger into the skin).

Clean the Area

Use fresh water (or sea water) to clean the area. For jellyfish stings, if there is pain, immerse the area in hot (but not burning) water for 20 minutes.

Apply Ice Pack

Apply an ice pack or cold compress to reduce swelling and pain. For babies, wrap the ice pack in a cloth and apply for short periods.

Seek Advice

Seek medical attention immediately if you notice signs of anaphylaxis or if the area around the sting remains inflamed, swollen and if pain continues.



Sprains and Strains

Rest

Avoid using the affected limb.



Ice

Reduce pain and swelling by applying ice or frozen vegetables wrapped in a cloth for 15-20 minutes at a time.

Compression

Compression can help support the injured limb. Wrap a bandage firmly and evenly around the affected area of the limb. Stop using if discomfort is felt.

Elevation

Keep the injured area raised to reduce swelling. This may look like a leg rested on some pillows or an arm in a sling.

Nose Bleeds



Position

Sit upright and lean forward to prevent blood from going down the throat.

Pinch the nose

Pinch on the soft part of the nose below the bony bridge between the thumb and index finger for approximately 10-15 minutes. If bleeding continues for more than 20 minutes, seek medical assistance.

Encourage spitting

Encourage the person to spit out the blood instead of swallowing to minimise irritation to the stomach and prevent vomiting.



Choking



Adults and children over the age of 1 year.

Effective Cough

Encourage Coughing

If the person can speak, breathe or cough effectively encourage them to continue coughing. Call 111 in case the situation deteriorates.

Ineffective Cough

Call 111

Call 111 for an ambulance immediately.

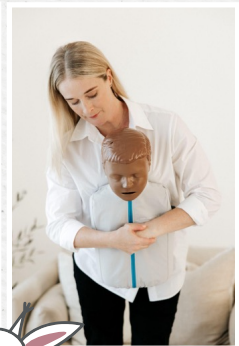
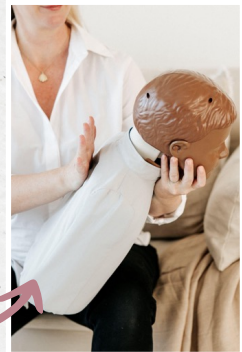
Perform 5 Back Blows

Lean the person forward and use the 'heel' of your hand to perform up to 5 hard, firm back blows in between their shoulder blades.

Perform 5 Chest Thrusts

Stand (or kneel if helping a child) behind the person, make a fist and place in the center of the person's chest with your other hand on top. Lean the person forward and deliver up to 5 short sharp chest thrusts.

Repeat back blows and chest thrusts until the airway is cleared or help arrives. If the person loses consciousness and is not breathing normally commence CPR.



Choking



Babies under 1 year old.

Effective Cough

Encourage Coughing

If the baby can breathe or cough effectively encourage them to continue coughing. Call 111 in case the situation deteriorates.

Ineffective Cough

Call 111

Call 111 for an ambulance immediately.

Back Blows & Chest Thrusts

Hold the baby face down on your forearm supporting the head and neck. Give up to 5 firm back blows between the shoulder blades. Then turn over and give 5 firm chest thrusts in the middle of the chest using two fingers - maintaining a downward position throughout. Repeat back blows and chest thrusts until the airway is cleared or help arrives. If the person loses consciousness and is not breathing normally commence CPR.



Poisoning



Identify the Substance

Determine what was ingested. If batteries or high-powered magnets have been swallowed go straight to the hospital. If your child looks ill or is unconscious call 111.

In the case of button battery ingestion in children over the age of 1 year old, give 2 teaspoons of honey every 10 minutes for the first hour (6 doses). This helps to protect the internal organ tissue while transporting the child for necessary medical intervention.

Do NOT Induce Vomiting

Induction of vomiting poses a risk of aspiration into the lungs.

Call for Help

Call National Poison Centre for advice. Call free on 0800 POISON (0800 764 766). If you require an ambulance call 111.

No Eating or Drinking

Do not have food or liquid until you have been given advice from a health professional as this may induce vomiting.

Poisoning



Take the Packaging

Protect yourself from the poison. If safe to do so, bring the product container of the poisoning agent or medication packet to provide any information asked by those providing medical care.

• more tips •

- ★ **If the patient is unresponsive and not breathing normally, call 111 and commence CPR.**
- ★ **If the patient is unresponsive or dizzy and IS breathing normally, call 111 and place in the recovery position:**
 - Lie the person on their side
 - Ensure their head is lower than their body
- ★ **Rinse or wipe their mouth out to clear away any remaining substance.**
- ★ **DO quickly move the person away from any gas or fumes into fresh air if necessary.**
- ★ **If poison is in the eyes:**
 - Flush with clean, running room-temperature water poured from a jug or bottle, or a low-pressure running tap or hose for at least 15 minutes.
 - Seek medical attention
 - DO NOT use a high-pressure shower to flush the eye

Fever



Hydrate

Drink plenty of fluids. Offer breast milk or formula frequently for babies. Monitor wet nappies, fluid intake, frequency of urination, lethargy and pallor (skin colour/paleness). If your baby or child is showing signs or red flags of dehydration, seek medical attention.

Rest

Ensure plenty of rest.

Medication

If your child is irritable, grizzly or showing other signs of discomfort, over-the-counter fever-reducing medication like paracetamol or ibuprofen can be used as directed by your pharmacist or doctor. Seek medical advice before giving medication to babies under 3 months old.

A baby under the age of 3 months with a fever of 38 degrees or more needs to be SEEN BY A DOCTOR IMMEDIATELY.

*This handbook contains general first aid information that should be used as a guide only and does not replace individual medical advice. If you are ever worried about a baby or child's health, seek medical attention.



Where to get help:

Saint John ambulance 111 (24/7)

Your GP and/or practice nurse

Healthline 0800 611 116 (24/7)

PlunketLine 0800 933 922 (24/7)

National Poisons Centre

0800 POISON (0800 764 766) (24/7)

References and Guidelines

New Zealand Resuscitation Council
Te Whatu Ora Health New Zealand
Hato Hone St John
Starship Clinical Guideline
- Button Battery Ingestion

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Learn more at www.minifirstaidnz.org
[@mini_firstaid_nz](https://www.instagram.com/mini_firstaid_nz)

