

Just In Case...

By Becca Weekly

Summer time is upon us, and so are warm, sunny days full of cuts, scrapes, bruises, insect bites, and more. It is very important, and not very difficult, to have some kind of first aid kit in your car for when you are out and about at parks and beaches. Whether you are taking care of a seven month old or a ten year old, being prepared for any scenario is the key. Ready made **first aid kits** are fairly inexpensive and can be purchased at discount stores.

Whether you buy a kit or put one together for yourself, it should include the following:

1. An alcohol free remoistened “wash” cloth – for cleaning skin, but not to be used on abrasions or broken skin areas, this is a one time use item.
2. Antiseptic wipes – these come in individual packets and are for cleaning wound sites (they can sting)
3. A variety of sizes of plastic bandages (Band-Aids) – I like to get fun colors and prints that the kids like.
4. Packets of sterile gauze squares and a roll of waterproof tape – there are tapes now that stick well but don’t pull on the skin (this is a good way to bandage large areas or to use as a pressure bandage for bleeding).
5. A pair of tweezers – you can get inexpensive plastic ones that can be thrown away if contaminated or damaged.
6. A bottle of Syrup of Ipecac – to induce vomiting, read directions carefully and be familiar with its use –should be replace periodically (the bottle’s expiration date is important to note).
7. A single use get instant cold pack – for use with minor swelling.
8. A tube of antibiotic ointment – Bacitracin or Neosporin are most common
9. A small first aid booklet – if you are buying a kit this is often included

I also include a clean bath size towel, plastic Ziploc bags, paper towels and a cotton “dish towel” sized cloth (to be used as a sling). Having a blanket on hand (particularly in your care when out and about) is helpful. It is always a good idea to check you kit frequently for any item that may need replacing or refilling. First Aid Kits should be kept in sturdy containers and taken on all outings. It can be a good idea to have a backpack that is just for emergencies that will hold all the above items—it can be taken with you where ever you go!

Another important thing for a nanny to have in case of an emergency is **a medical release form**. You need to have a separate form for each child in your care, and it’s vital to have it with you at all times—at home in a drawer doesn’t help much when you are rushing from the park to the hospital for stitches!

Each Form Should Include the Following:

- Name of child
- Address of child – make sure this includes their complete address (or if there are two addresses involved in shared custody situations, both addresses listed or a separate form)
- Child’s Birth Date
- (Statement) “In the event of an emergency, please call _____” (Contact names and numbers should be listed in order of preference by family)
- Contact phone numbers many include all numbers (including pager numbers) for Mother, Father, other relative, physician or other adults. Be sure to list the relationship to the child next to each contact name and number.
- (Statement) “ I hereby give my consent to _____(insert care giver’s name) to administer or call for emergency care for my child under extreme conditions. I expect that a conscientious effort will be made to contact me or one of the contacts above before any action is taken. I further give my consent to administer prescribed or over the counter medications as needed.”
- Medical Insurance Company name
- All Policy numbers
- Parent(s) Signature(s)
- Dated
- Hospital, Clinic or Doctor preferences may be indicated as well

With your medical release forms and first aid kits, you should be prepared for any circumstances. Now that you are ready for the worst, it is time to go out and enjoy the best that summer has to offer!

Summer Safety Tips

- A First Aid kit in you car
- Medical release forms for each child
- Sun block, Sun block, Sun block!
- Bug spray
- Baby wipes (good for bee stings or minor swelling)
- Lots of water (to play in and to drink)
- Down time (reading, coloring or watching the clouds)
- Swimming lessons for the kids (and you, if needed)
- Sun umbrella or tent for the little ones
- Kid's Tylenol

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