

For parents

What you need to know

Most people know that first aid can **save** people's lives. What most people don't know, however, is that first aid is **simple** and easy to learn. Thanks to Life. Live it., your child is **learning** first aid with the help of his or her school. This sheet will explain what it's about and how you can help.

About Life. Live it.

Life. Live it. is a new learning website from the British Red Cross; it is aimed at children aged 5–11 and their teachers across the UK. Its aim is to build a generation of life-savers by helping young people to be more able, confident and willing to help in a first aid situation. It is hoped that parents will support this aim and help their children to learn first aid through this website.

The Red Cross believes that first aid is a key life skill which everyone should know. Accidents and emergencies can happen at any time, and the Red Cross wants all children to have some simple first aid skills so they can take positive action if faced with a first aid emergency.

Principles of first aid

First aid is the help given to a person who has been hurt or is suddenly taken ill. Three million people attend A&E departments every year with injuries that could have been helped with first aid. Around a third of these people are children under 15.

First aid is important because it can reduce pain and injury and even save a life. By learning some basic first aid, people will know how to deal with a range of situations – from minor cuts to serious injuries – and have the confidence to deal with emergencies.

Life. Live it. teaches children a number of basic principles:

- > First aid is about simple steps that you can do to help.
- > First aid can reduce pain and injury and even save a life.
- > An important part of first aid is knowing to alert an adult and how to call 999.
- > First aid also includes things like helping someone feel better or calmer.
- > You are most likely to give first aid to your family or friends or yourself.
- > It is important for everyone to help each other.
- > You can make a difference.



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What your child is learning

The Life. Live it. programme breaks down first aid into three simple topics:

1. Stay safe
2. Help save lives
3. Emergency action

Using a variety of lessons and learning materials such as videos, online activities and role play scenarios, your child will learn a range of key first aid skills, which will help him or her to deal with a number of situations.

In addition to focusing on keeping safe and getting help, Life. Live it. covers the following:

- > Making a 999 call, helping with burns and nose bleeds, supporting others, keeping calm and controlling emotions (all ages).
- > Helping with bad bleeds, choking, checking for breathing, the recovery position, broken bones, asthma attacks and allergic reactions (suggested for age 7+).

What you can do to help your child

There are several ways that you can support your child to become able, confident and willing to help in a first aid situation.

1. Take an interest in the programme by talking about first aid, asking what your child has been learning and encouraging him or her to take a keen interest.
2. Stress how important first aid is by perhaps relating incidents from your own experience where first aid has, for example, helped someone hurt in an accident.
3. Reinforce the key messages above, particularly that anyone can learn first aid, it is easy to learn, it is very useful and it involves simple things to do to help and reassure the person who is hurt or ill – such as getting help and making a 999 call.
4. Visit the Life. Live it. website with your child at redcross.org.uk/teachchildrenfirstaid and watch some of the videos together; play some of the interactive learning activities and talk about these as you go along; do some of the role-play situations together; practise doing some of the treatments together; discuss the pupil information sheet: 'What you need to know'. Use this opportunity to learn first aid with your child in a fun way.



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5. Talk to your child about what to do if there is a first aid emergency at home and they need to get help. Ensure they know how to do this, whom they should call (i.e. 999 as well as an adult), where the telephone numbers are and how to use the phone(s) to make a call. Help your child to learn and remember his/her full home address and phone number in case he or she needs to call 999. Evidence shows that children can make successful emergency calls from a very early age.
6. Learn some basic first aid yourself – details below.

Where to find out more about first aid

Helping people to become life-savers is at the heart of the work of the Red Cross, which is the world's leading first aid training provider. **There are lots of ways to learn first aid with the Red Cross:**

- > **Learn online** at www.redcross.org.uk/firstaid: There are lots of first aid tips and videos as well as a free e-learning package (www.childrenfirstaid.redcross.org.uk), which is aimed at parents/carers of babies and young children.
- > **Take a course**: The Red Cross can train you in first aid skills both at work or in your own time. There is also a range of first aid manuals and products available from the online shop: www.redcross.org.uk/shop.

Find out more from www.redcross.org.uk/firstaid or call 0844 871 8000.