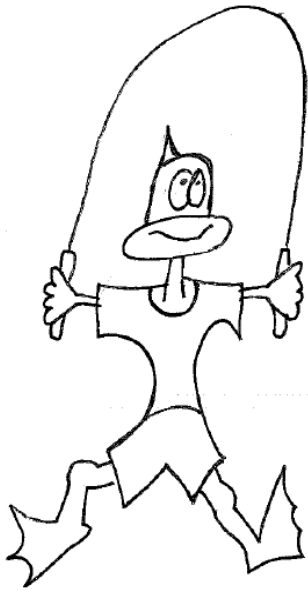




TEACHING FIRST AID TO CHILDREN

***15 jingles with pictures to color:
Simple for you, fun for them, and good for
everyone to learn!***



ABOUT THE AUTHOR (Brian D. Harrison MD):

I became a doctor almost thirty years ago. During the first half of my career, I saw children daily in the Emergency Department and my Family Practice office. This let me teach health to small children. In 1990, I began using this set of First Aid jingles and drawings with my young patients and my own five children. Everyone in our family could recite *“If you feel a little queasy, put your head between your kneesies!”* (see page 5).

Now, I work only with adults. I meet them in my Occupational Medicine Clinic, and at their workplaces. Once again, this lets me teach people about health. I've found that adults enjoy learning the most when they can in turn teach the lesson to their children. Nothing matters more to adults than the well being of the children in their lives. So I want adults and children alike to have fun and learn a thing or two by sharing these illustrated jingles.

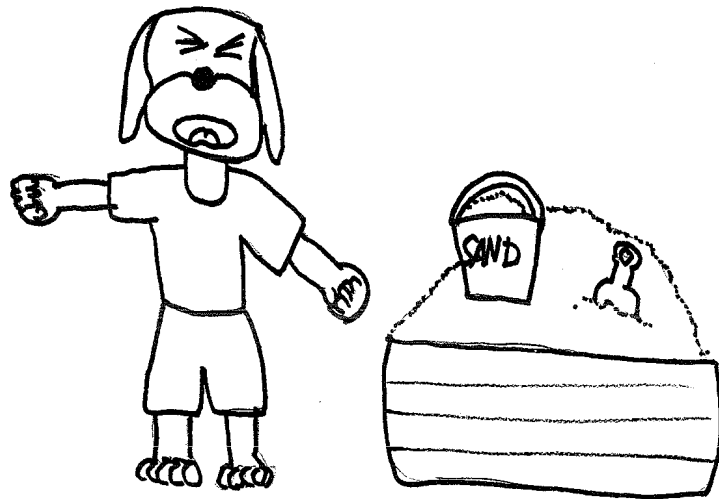
ABOUT THE ARTIST (Jeff Harrison):

My son Jeff was nine years old when I asked him to illustrate this book. Other children in his class, and his teachers too, had always enjoyed his animal cartoons. The drawings he made for me were timeless. Now that almost twenty years have passed, he is winning awards as a sportswriter for a newspaper in Oklahoma. He doesn't draw cartoons as much, but I expect that once he and his wife have their own children, he will treat them to a whole new generation of little critters.

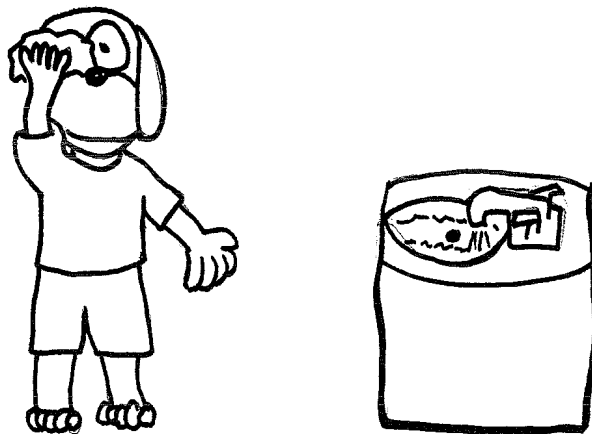
DEDICATION: To my wife Nancy. She has provided me and all five of our children with unlimited love, prayers, and common sense.

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Me O MY!

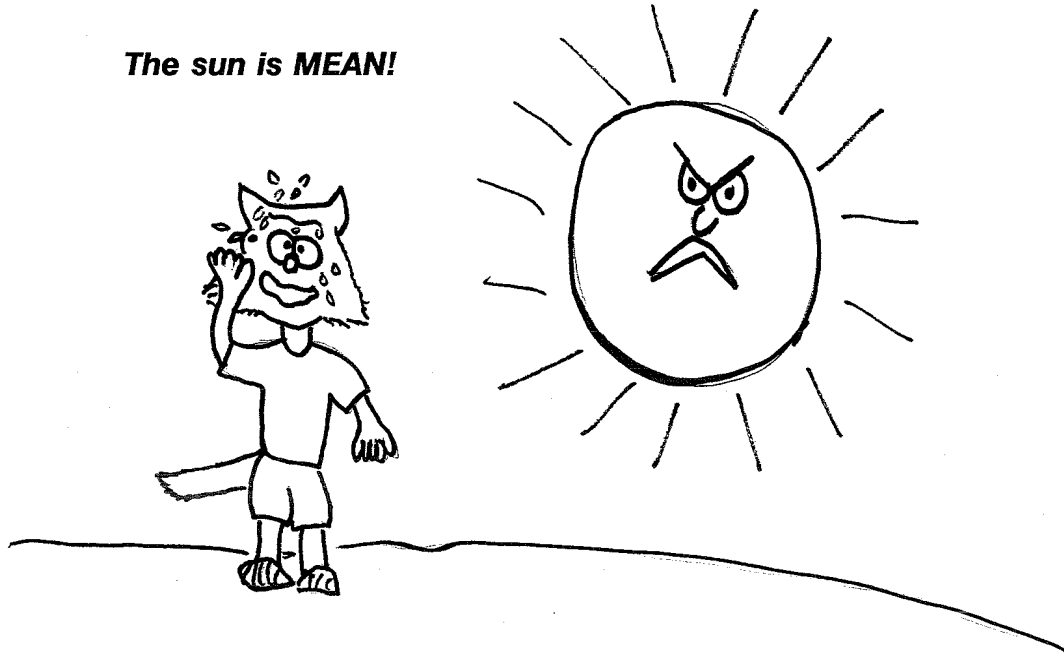


Don't rub your EYE!

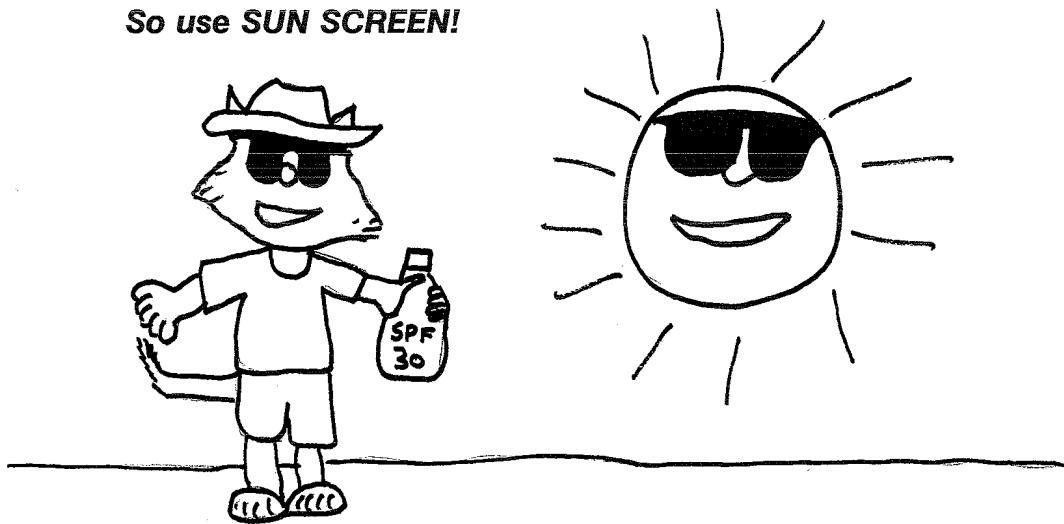


LESSON: *Don't rub your eye when something gets in it. Instead go to a sink or drinking fountain and rinse it. Open your eye while the water is running against it, if you can. Pretend you're swimming and want to watch the fish!*

The sun is MEAN!

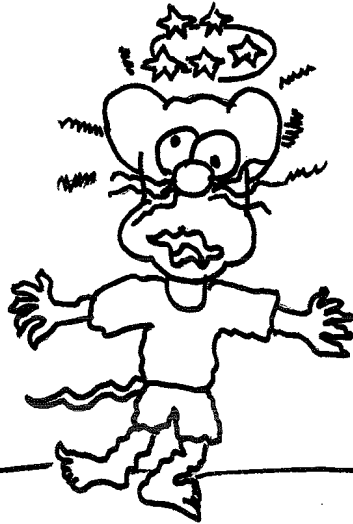


So use SUN SCREEN!

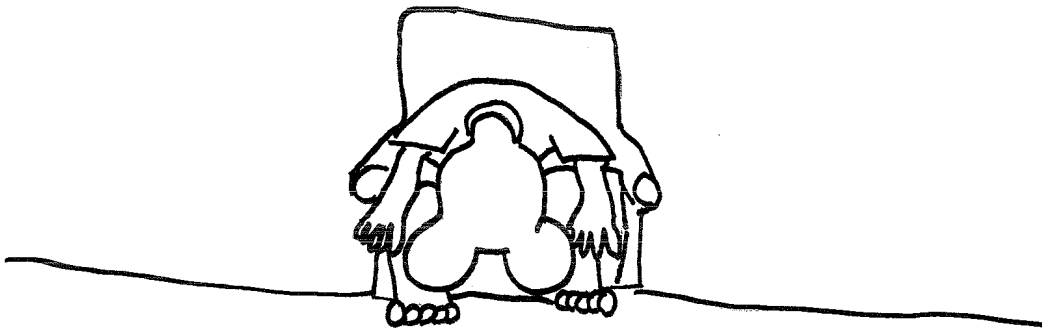


LESSON: *There are many fun things to do in the sun. But sunburn ruins everything! And you won't know you got burned until later. So, first rub sunscreen everywhere you need it, before you go outside. Grownups should help with places that are hard to reach, like your back.*

If you feel a little QUEASY

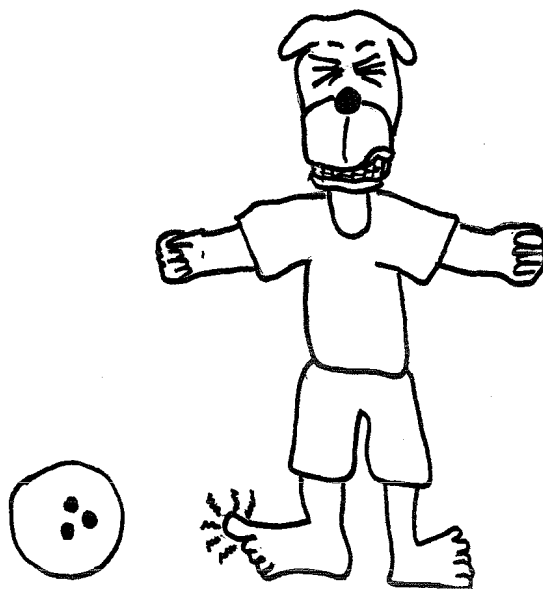


Put your head between your KNEESIES

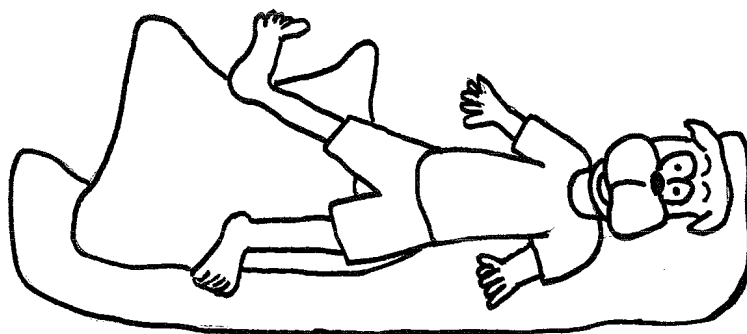


LESSON: *Queasy means you don't feel right. It can mean you might throw up, or faint. Sometimes that happens when you are sitting, like in class or church. If it starts to happen, first lean your head down between your knees. Then you will probably feel better. If you don't, then ask somebody to walk with you out of the room. Good places to go are outside for fresh air, or to the bathroom for water.*

Pain relief you require?



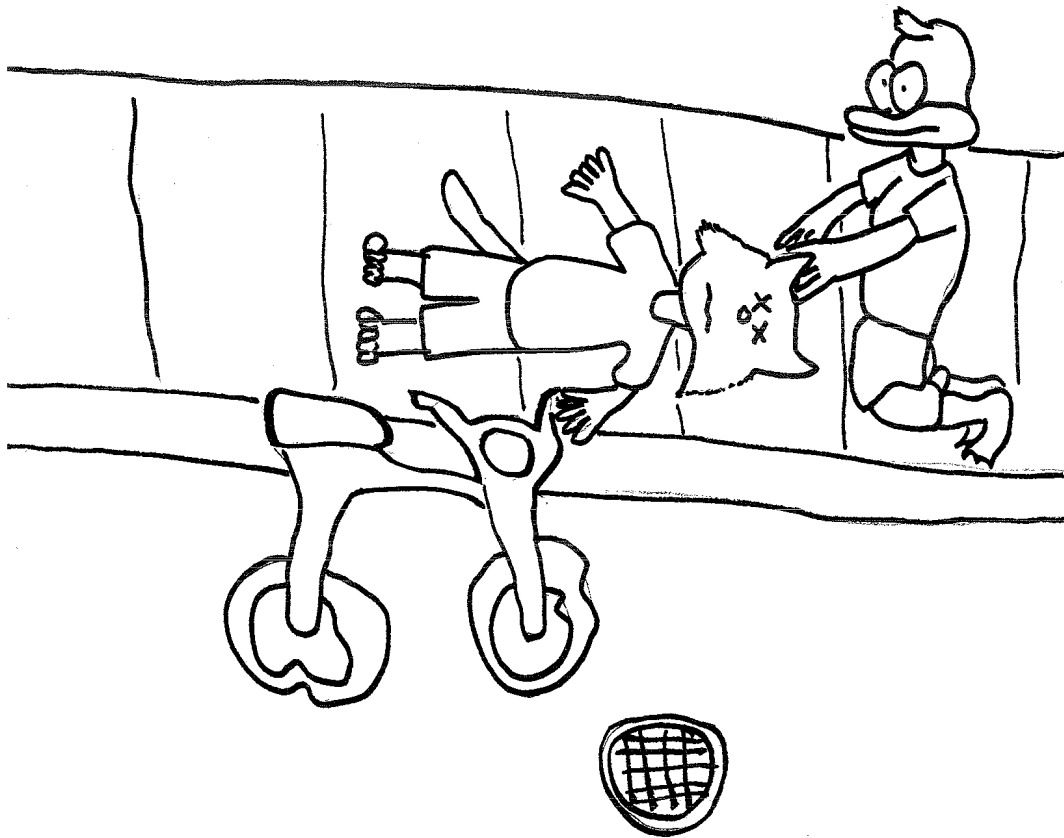
Prop you owie up higher!



LESSON: *If you hurt your foot or your hand, it will feel worse when it is down. You can make it feel better by putting it up. You can lie down to prop your foot onto a big pillow, or sit down with your hand on the table or desk top. Sometimes it even works to put your hand on top of your head.*

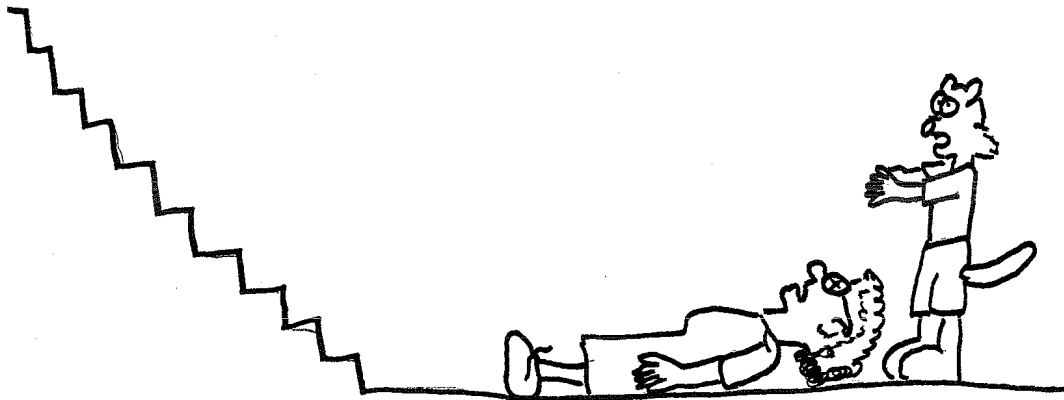
Leave ALONE

Bad neck BONES



LESSON: *If someone falls and hurts their neck, it can be very bad if they move it. They should lie still until adults can help them. Until then, children shouldn't get them up or move them. And, always be careful so you don't hurt your neck or your head when playing. Wear a helmet when riding your bike, skateboard, or roller skates. Never dive into water unless it is deep enough, or else you will hit your head. First look for a sign that says if it is OK to dive.*

Use the PHONE!

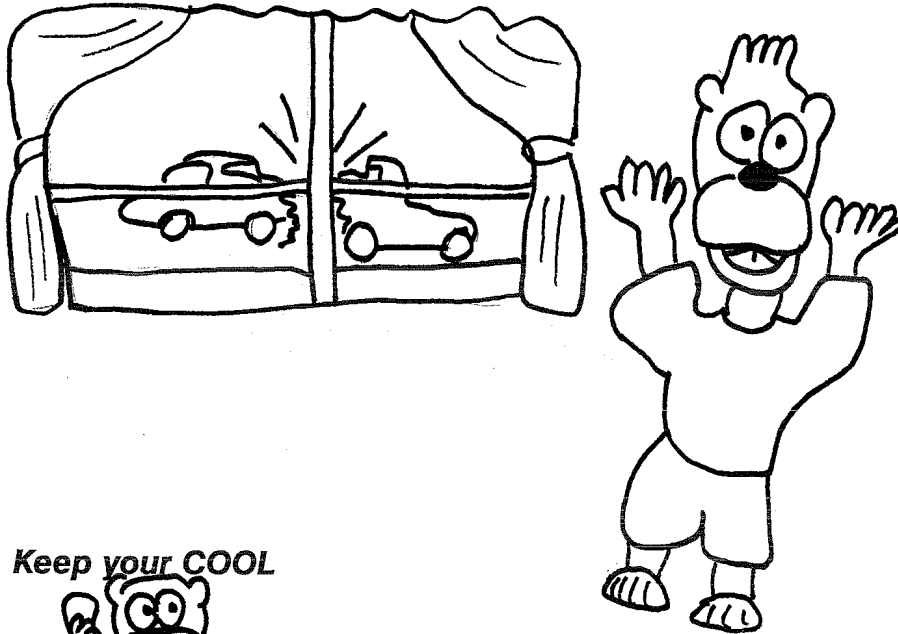


Don't be home ALONE!

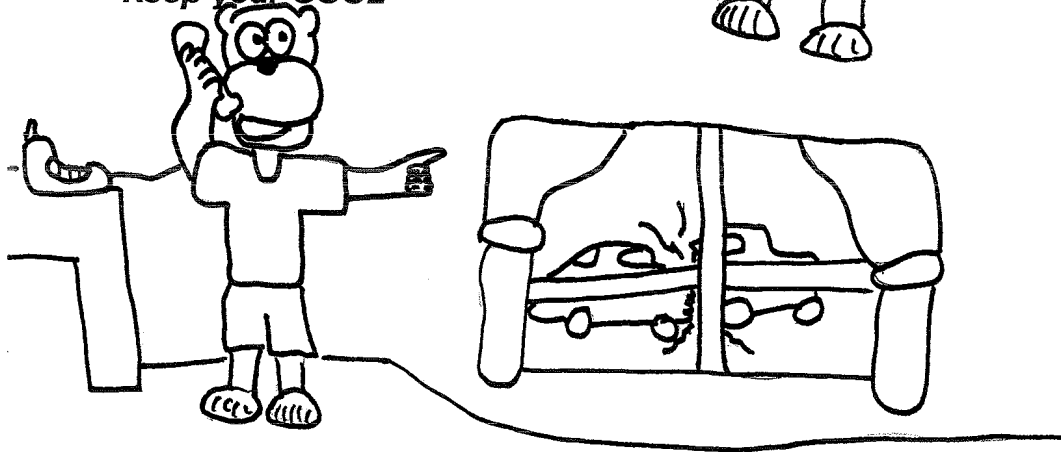


LESSON: *If something bad happens that makes you scared, or hurts you or someone else, you need help. Don't forget that 911 is the number to call when there is an emergency. Now is a good time to talk to grown ups about things that should make you call 911 right away. And, talk about other times you should get help but not from 911.*

Don't be a FOOL



Keep your COOL



LESSON: *If you ever have to call 911, remember these important rules. One rule is to talk slowly when you explain what happened. Next, tell 911 where you are so they can find you (always know your address). Next, don't hang up until 911 says you should. And, the first rule is to be calm so you don't forget the other rules!*

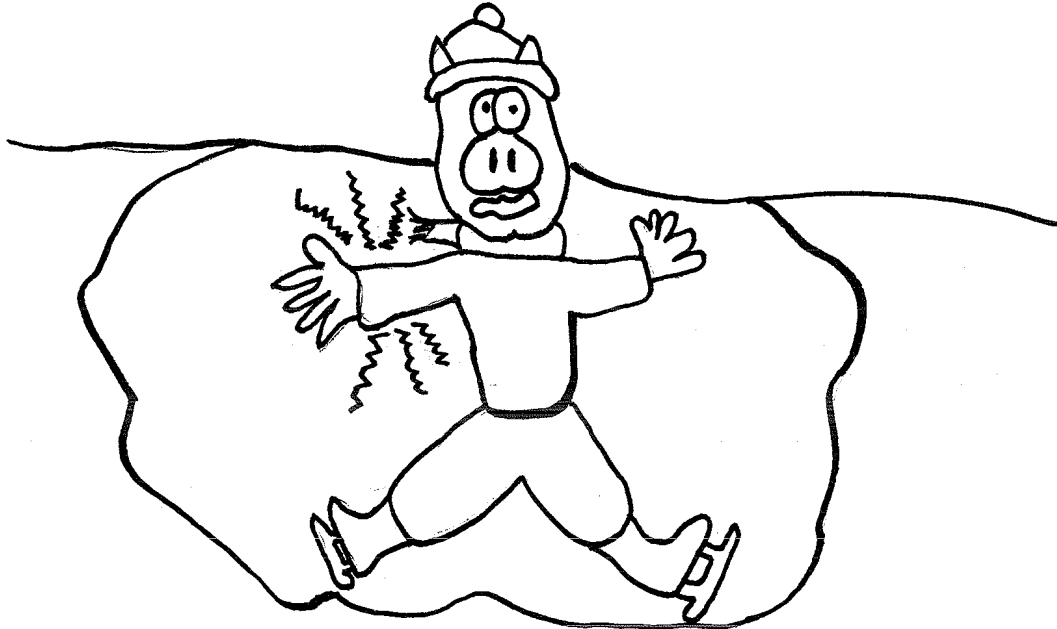
Your burn will heal QUICKER

If you don't mess up the BLISTER

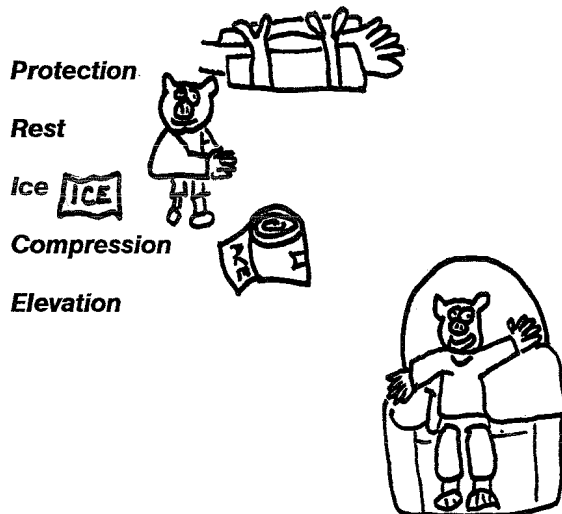


LESSON: *If you get burned, run cold water on it right away, until it starts to feel better. Then wash it gently with soap, but don't rub it. Softly dry it with a clean paper towel or tissue. But don't make it messy by putting other stuff on it. Let a grown up decide if you should put on burn cream. It's best to not get burned in the first place, so never play with matches, fire, or near hot stoves. Be careful getting in a bathtub to check that it's not too hot first.*

If you fall upon the ICE

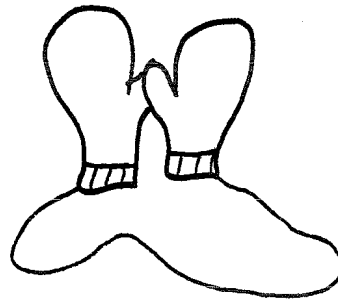


Be prepared to pay the PRICE



LESSON: *If you fall and hurt your arm or leg, you will need help from grownups. One way to remember how they can help you is by thinking of how to spell the word PRICE. And, remember to play safe so you don't fall.*

Wear HAT and MITTENS

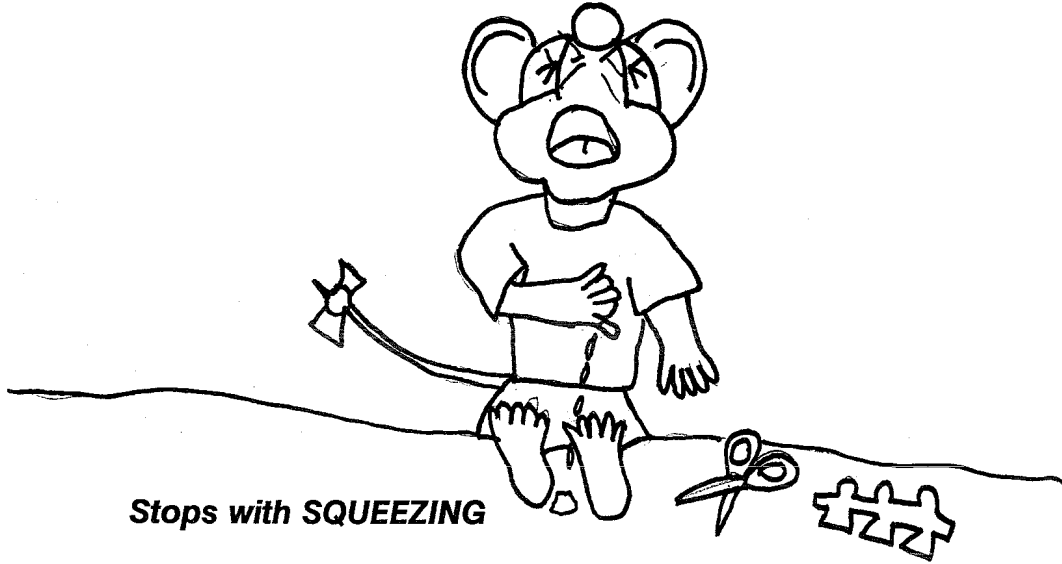


Or you'll be FROSTBITTEN!



LESSON: *Frostbite hurts and happens fast when it is cold and windy. A hat, mittens, coat, boots, and a scarf stop it. But, some children don't like to wear them. Maybe they think they will look dumb. Getting frostbite is a lot dumber!*

Red blood BLEEDING



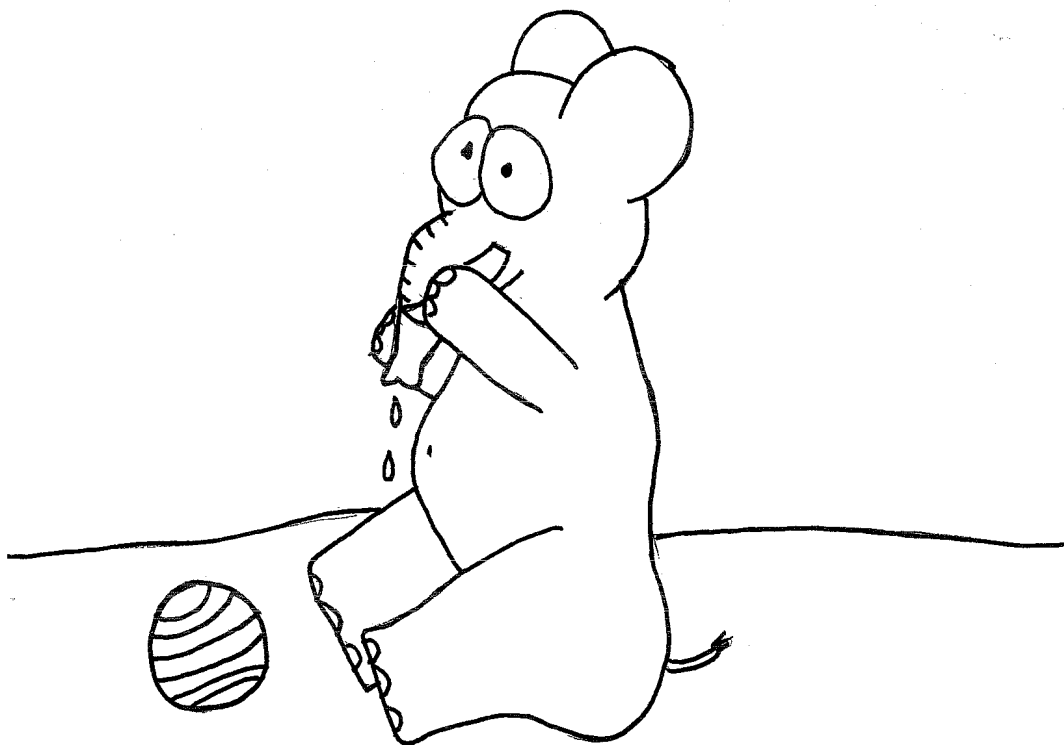
Stops with SQUEEZING



LESSON: If you have a cut, squeeze it tight to stop it from bleeding. But don't let it go to peek at it too soon. You usually have to squeeze it 10 minutes to make it stop. That can seem like a long time so watch the clock to tell when time is up.

Please SQUEEZE

A Bad Nose BLEED

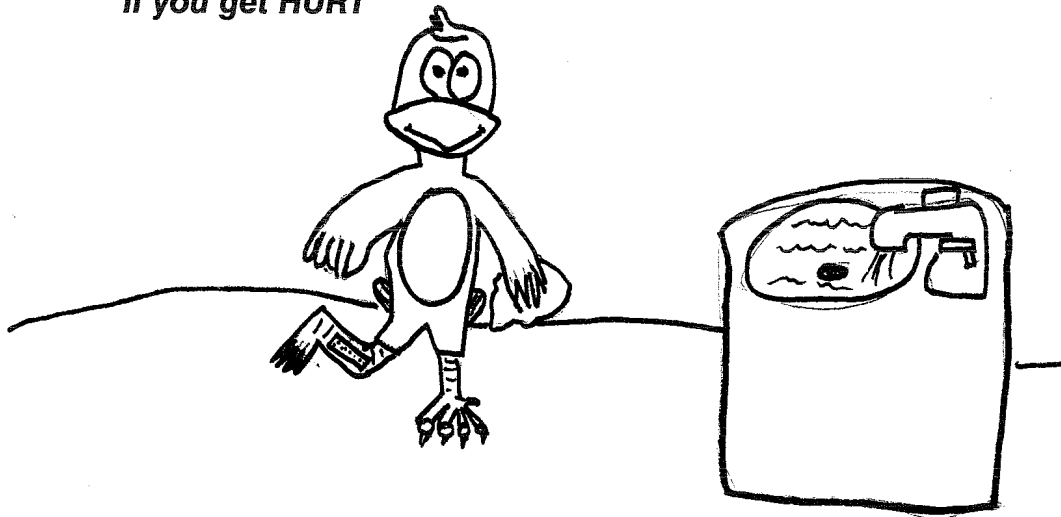


LESSON: Squeezing is the best way to stop a nosebleed too. Just pinch your nose and sit down. You don't need to tip your head back, just sit normally; looking down a little like you do at supper. Don't run around. You should just sit, pinch your nose, and watch the clock until it has been 10 minutes. Then your nosebleed will probably be gone.

Clean off the DIRT

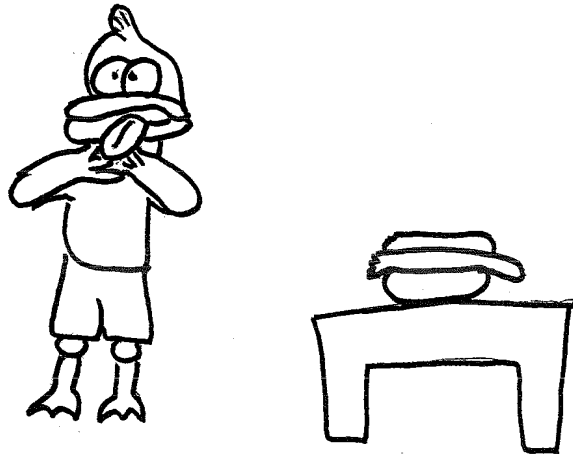


If you get HURT

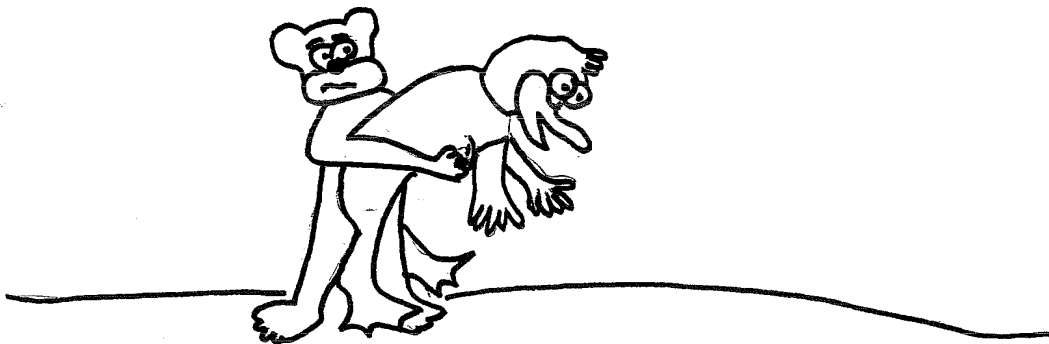


LESSON: *Cuts and scrapes need washing right away. That gets rid of dirt and germs. The quicker the better, so germs don't get a chance to start trouble.*

When a choking victim cannot TALK

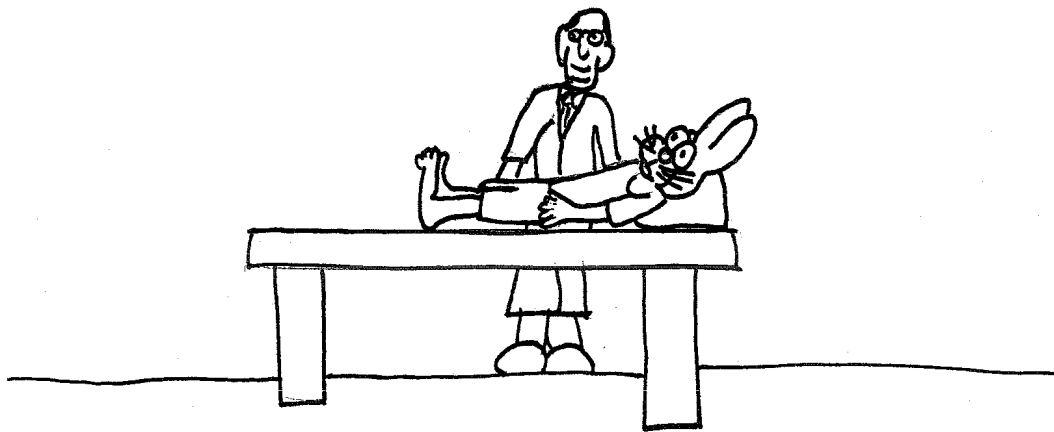


Do the Heimlich - run don't WALK!

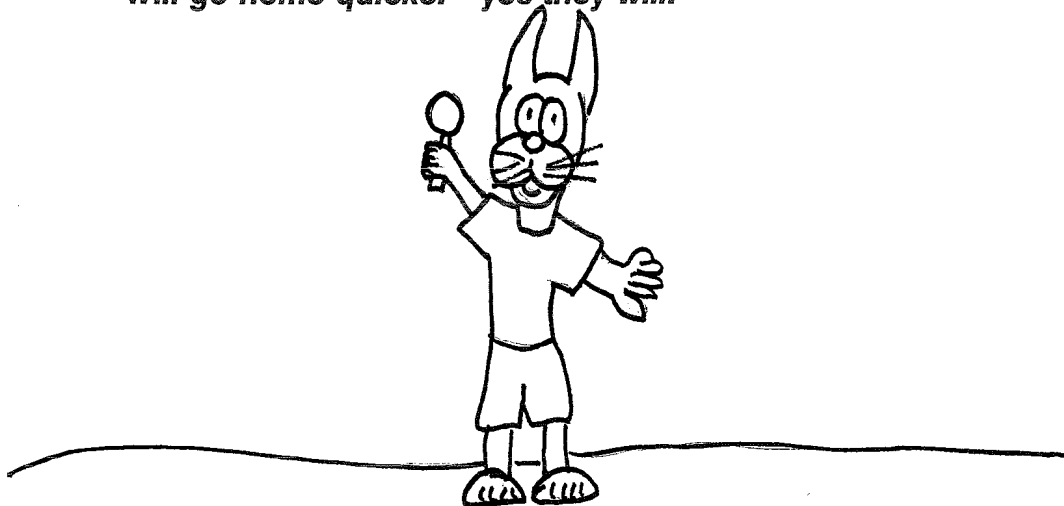


LESSON: *If someone swallows something that makes them cough, they will be OK if they cough it out. But if it gets stuck and they can't cough or even talk, they need help right now. Calling 911 and doing something called the Heimlich (say "Hime Lick") Hug helps the best. Ask an adult to teach it to you. Even children who are 9 or 10 years old have saved lives by knowing how to do it. And, everyone should remember to chew their food carefully and eat slowly so they won't choke. Don't run or play when you have food in your mouth. Don't put something in your mouth that could make you choke, like toys, marbles, balloons, or coins.*

Kids at the doctor who lie real STILL



Will go home quicker - yes they will!



LESSON: Doctors and nurses are your friends and want to help you. You can help them by lying or sitting still when they tell you. Then you will get better and get home faster.