

FAMILY FIRST AID

HOUSE GIRL, CARER and 'AYAH' FIRST AID

Arusha, Tanzania

Are you a concerned parent wanting the confidence and knowledge to tackle first aid issues with your children?

***Family First Aid* is a one day course—held at African Environments in Olasiti—designed for English speaking parents of children living in East Africa. *First Aid for House Girls, 'Ayah's' and Carer's* is designed for parents to offer their employees an opportunity to gain a better understanding of the 'do's and 'don'ts' for child first aid. Parents are encouraged to enroll child care employees in this one-day course.**

FAMILY FIRST AID—English Speakers

Mothers and Fathers will gain valuable medical information and first aid knowledge from this course. It will teach the skills to provide immediate action to children's injuries or symptoms. Participants will feel more confident when traveling to remote areas with children of all ages.

The course will cover;

- Pediatric CPR
- Medicines and Treatments for Children
- Bites / Stings
- Burns
- Broken Limbs—what not to do!
- Cuts and Bleeding
- Fevers and Fits



House Girls, 'Ayah' or Carer's First Aid—Swahili Speakers

This course is designed for home-help in charge of the care of your children and is designed to teach the basics to ensure the best

immediate help is provided to children. The course will be taught in Swahili by a highly trained First Aid professional. Many of the common 'myths' will be included in the course providing a comfortable place for questions to be answered. Providing 'best practices' in an emergency is paramount with this course. The course will cover;

- Bites / Stings / Burns
- Broken Limbs—what not to do!
- Cuts and Bleeding
- Fevers and Fits
- Children and Water, Children and Electricity
- How to take a child's temperature and describe symptoms to a parent/medical professional
- Confidence building in childcare

