

Beat the credit crunch:

first-aid kit

First-aid kits range from £9 for a basic type to £30 for a homeopathic one. Many kits won't include remedies for summer emergencies, such as insect bites, and sunburn.

WHAT YOU NEED

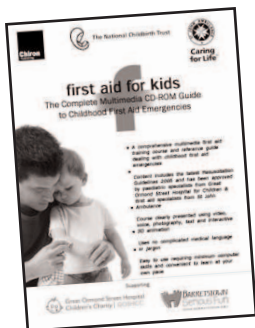
- Infant/child thermometer
- Age appropriate liquid pain reliever, such as paracetamol
- Sunscreen lotion & Calamine lotion for sunburn and rashes
- Sting reliever spray for insect bites and insect repellent
- Antibacterial cream for cuts and scrapes
- Tweezers and needles for splinters and thorns, with some matches to sterilise them
- Sharp scissors
- Sticky plasters in various sizes
- Assorted bandages, including finger bandage and applicator; adhesive tape and sterile gauze

- Mild liquid soap (most antibacterial and deodorant soaps are too strong for babies' sensitive skin)
- An oral syringe for administering medicines
- A first-aid manual (or you can copy relevant sections of the *Birth To Five* NHS handbook, from page 87).

Holiday safety

You might want to have two kits, one for home and one for travelling. Keep them out of reach of your child and include emergency contacts. If you are travelling in Europe, your child will need his/her own European Health Insurance Card (EHIC). For more info and to apply online, visit www.ehic.org.uk

By Simone Castello



First Aid for Kids CD-ROM, £11.50

This multimedia guide offers comprehensive first-aid advice, tuition and reference on how to deal with emergencies.

First Aid for children - Fast, £9.99

Produced in association with the British Red Cross, this is an indispensable guide to dealing with any childhood emergency. Step-by-step photos and quick index.

Both available at www.nctshop.co.uk

