

A first-aid kit is a must-have when you have young children. The list below includes the items you may need for most minor injuries. You might want a kit in your car, at home or to take with you on trips. Be sure to keep your kit out of the reach of your children.

## Your kit should include the following:

- Emergency contact list.** Tape, glue or sew contact details for your family doctor, your local hospital and your two closest neighbours inside your kit.
- Baby thermometer.** A digital thermometer is the easiest way to take a baby's temperature. You can use it for an underarm, rectal, or oral reading (with the proper cleaning of course!).
- Babies' non-aspirin liquid pain reliever (acetaminophen and, if 6 months or older, ibuprofen).** You will need a measuring spoon or dosing syringe. Always follow the dosage instructions on the label.
- Antiseptic wipes and antibacterial ointment.** For cuts and scrapes. To clean a wound, gently work away from the centre using the wipes to remove dirt and germs. Then apply the cream to help prevent infection.
- Anti-itch ointment such as calamine lotion.** To help soothe rashes, insect bites and stings.
- Sterile water.** A small bottle is useful for washing specks of dirt out of sore eyes.
- Insect repellent.** Your pharmacist can advise on which one is most suitable for your baby.
- Adhesive bandages in various sizes and shapes.** For cuts and scrapes.
- Children's sunscreen lotion.** Choose one with a high SPF factor.
- Sterile gauze and assorted bandages.** Include a triangular bandage, a finger bandage, plus a plus a one-inch and two-inch strip for holding dressings and compresses in place.
- Adhesive tape.** To hold bandages in place.
- A pair of sharp scissors.** For cutting plasters and tape to size.
- Cotton balls or pads.** To apply ointments..
- Tweezers.** To remove splinters and thorns.
- Disposable sterile gloves.** Useful if you want to protect yourself and others from germs.
- A first-aid manual.** It's a good idea to read it before you have a need to use it.