



Dear Parents / Carers,

**Important information regarding your child's Mini First Aid Early Years session: 'First Aid with Freddie'**

My name is Maria, and I am the owner of Mini First Aid Nottingham and Derby Ltd. Last academic year I taught thousands of children First Aid and I am delighted to be visiting your child's school to teach them these vital life-saving skills. The class will be delivered in your childcare setting/school by our fully insured and DBS checked trainers, and will cover keeping safe in an emergency and calling 999, and how to help with bleeding, bumps, and poorly people who won't wake up.

**What you need to do before the session:**

**If your child has allergies to hypoallergenic plasters, dressings or first aid tape, please make sure your school is informed so we can ensure your child's safety and arrange an alternative for them.**

We will practise calling 999 with toy phones and discuss the importance of knowing and being able to clearly state your home address. Please practise this with your child at home in preparation for their session. (We make it very clear in our sessions that 999 is not for playing, and to only call the number in a real-life emergency).

**What you need to do after the session:**

- Complete the Mini First Aid Kids booklet which your child will bring home – this helps them share their learning with you and commit what they have learnt to memory.
- Show them how to use your home or mobile phone to call 999, and make sure they know your home address off by heart
- You can help reinforce the messages used in class with our first aid themed story book "The Mini Adventures Of Freddie" which was read in class. You can also purchase our "Sit, Chop, Chew" book which focuses on safe eating and how to help someone who is choking. Please review the accompanying document on these items for information on how to order.
- Proudly display your child's first aider certificate!

If you'd like to stay up to date with children's health advice and first aid knowledge, sign up for our free newsletter at <https://www.minifirstaid.co.uk/subscribe>

And if you feel like YOU need to know what to do in a first aid emergency, sign up to our 2 hour parents class on the links below! We also offer First Aid qualification courses for the workplace. Please contact us to discuss your needs.

Thank you for the opportunity to train your child in life-saving first aid and create a new generation of first aid superheroes!

## FIRST AID FOR ALL THE FAMILY



**Mini First Aid Nottingham and Derby Limited**

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