



Dear Parents / Carers,

Important information regarding your child's Mini First Aid session: 'Sit, Chop, Chew'

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. We will cover how to help keep ourselves safe when we are eating and how to recognise a choking emergency.

What you need to do before the session:

If your child has allergies please make sure your school is informed so we can ensure your child's safety as we will be practising cutting up food.

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.
- Talk to your children about the importance of sitting on our bottoms when we eat, chopping our food into manageable pieces, and chewing our food carefully.
- Talk to your child about what foods might pose more of a risk and how to be careful with these foods (round and hard foods such as hotdogs, grapes, lollipops and sweets).
- You can help reinforce the messages used in class with our first aid themed story book "Sit, Chop, Chew" which was read in class. You can also purchase our "Mini Adventures of Freddie" book which formed part of the class your child attended last academic year if they were present the day the class ran. 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

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