

Millie takes a tumble

Learn new skills



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Resources

- ★ Millie, with a plaster or small bandage already on her knee
- ★ A practice kit with plasters, bandages, gauze squares, cotton wool, disposable gloves, a sling
- ★ Dolls or teddies for practising on.

Millie has a poorly knee and she needs our help. Together the children will work out what happened, decide how to look after her, wash their hands properly and discover what's inside a first aid kit and what each piece is for.

Important:

Activities with children must always be risk assessed.

Activity Outline

- ★ **Discovery and the story.** Let the children find Millie and the note. Ask them what they think happened, e.g. 'She was running to the swing and tripped over a tree root' How can we help her? Open question, no right answers. Expect suggestions such as put on a plaster, tell a grown-up, give her a cuddle etc.
- ★ **Wash our hands.** Introduce this as the first job any first aider does and why
- ★ **The first aid kit.** Take items out one at a time, asking what they think the purpose of the item is. Let them handle, unroll, guess. Talk about who uses this kit, where it lives and that every single person in the nursery knows how to use it
- ★ **Caring for Millie.** Children clean around the graze with cotton wool and water, apply a plaster or wrap a bandage. They can practise bandaging on the dolls or each other over clothing (don't practise on real skin or real injuries)
- ★ **How can we cheer her up?** Move from the physical to the emotional. Ask: What makes you feel better after you fall over? Answers will likely be a cuddle, a drink, sitting on a lap, going to find Mum/Dad/significant adult
- ★ **Sensitivity note:** A few children find hurt or bandages genuinely upsetting, and one or two may have a real injury or hospital experience behind them. Keep Millie's story light and quickly resolved and let anyone who'd rather watch from a distance do exactly that.

Extension ideas

- ★ Set up a first aid station in continuous provision with bandages, gloves, clipboards, a toy phone, an appointment book etc.
- ★ If you can arrange it, invite a medical professional to meet the children, show them some of the equipment they use and talk about what they do
- ★ Go on a 'people who help us' walk to spot a defibrillator or a visit a fire station on an open day.

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Top tip



First aid kits

Make sure you are clear about what should be in your first aid kits. Set up a system to ensure stock is regularly replenished and in date. Assign someone to be responsible for them.