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## KEEP STOCK OF THE BASICS: KEEP YOUR BOO-BOO FIRST AID KIT READY

I'm sure your young children are somewhat like our girls, and they'll find many ways to get ill or hurt, and probably at the most inconvenient times. Events like these are always frightening, so try to be prepared when your little one takes the stage.

When our oldest was 21 months, she fell backwards down a short flight of stairs, holding a sharp pair of scissors. Thankfully after mommy came to the rescue, a new appreciation for injuries (and a reminder on how to carry scissors), a goose egg on the forehead, and a near escape with the sharp scissors... was the extent of her drama.

**A little while ago, I decided to do a self-study on some of the more popular commercial first aid kits. The ones I checked out seemed light on the more useful supplies, and heavier on items less useful. So, here's a simple guide to all the right stuff.**

Having a proper first aid kit handy can help you respond to urgencies and emergencies like these, as well as be better prepared for when your pediatrician might need to follow up after the injury.

- A finger sliced on broken glass...



- A twisted ankle from playing outside
- A burn from helping with a household project
- A fussy newborn seems warmer than usual

Our following list is a friendly first aid kit must. Available at any local neighborhood pharmacy:

- Thermometer (not the "ear" kind, it's not accurate, oral for kids and rectal for babies)
- Hydrogen peroxide
- Ice packs
- Gauze pads and rolled gauze
- Adhesive Bandages
- Medicine dropper
- Tweezers
- Elastic roller bandage
- Antibacterial soap
- Rounded tip scissors ;-)
- Cotton swabs and balls
- Adhesive cloth tape (white)
- Triangular bandage (to make a sling)
- Safety pins
- Over-the-counter medication basics such as: Liquid Benadryl, generic antibiotic cream, Children's Motrin, and Tylenol, and Liquid Pedialyte.

Don't forget to post the number for both your **Pediatrician** and the **Poison Control Center 404.616.9287**, this will save you from added frustration, when you may be having a difficult time concentrating during an emergency.

Remember, your pediatrician should always have a referral doctor available should you experience a family emergency. Most importantly, never feel awkward about calling your doctor for any emergency no matter how small or large. Give your children the love they deserve and keep them happy and healthy in partnership with your trusted Pediatrician.

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