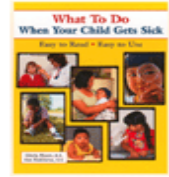


B-4: Boo-boos, Belly-aches and Bumps

Before you go to the doctor
What to do when your child gets sick
Train the trainer program



PRESENTING THE BOOK

30 minutes

Give the trainees their books. **Make sure everyone has a pen** and point out the following:

- The **pages for phone numbers** on **inside of front cover**:
 - Poison Control: **1-800-222-1222**
 - Room for numbers for their own physicians, health insurance, pharmacy, etc.

Encourage the trainees to use this section and point out that phone books are available for them in the room so that they can look up needed numbers during the breaks. Suggest that they tape business cards for their health plans and doctors' offices in this section. Remind the trainees that "**211**" is a valuable option for resources and also that some pamphlets are available in the room.

- Information about **when to call the doctor/clinic**: **page v**
- The different **ways of locating information in the book**:
 - Pictures: page **vi/vii**
 - Table of Contents: **page viii**
 - Index: **page 175**
- The **pages for taking notes** – **example - page 1**
Suggest that they use these pages for recording things they want to discuss at their child's next routine check-up.
- How the information about **ailments** is organized ("**What is it?**" "**What Will I See?**" "**What Can I Do at Home?**" "**When Do I Call Doctor/ Nurse?**" "**Other Things That Parents Need to Know**") Show an example – perhaps "**Bleeding**" page 140.
- The **word list**: **page 169**

- The many **ailments that are covered** – point out four – example – fever, food allergies, stomach pain and broken bones. Encourage trainees to check book to see what other ailments are covered.

.....

Indicate that there are a number of terms used in the book that not everyone might be familiar with, so we devised a matching game to assure that we all have the same understanding of these terms.

Matching Game Exercise

Divide the trainees into small groups and do the **Matching Game** exercise. **An answer sheet for the matching game is included in this section, page 5.** (Turn the sheets face-down on the tables and indicate when the trainees are to turn them over and start working. Tell them that when they've got all the words matched that everyone in the group should raise their hands. Reward the "winning" group.) Go over the definitions with the whole group.

The Location Exercise

Still in small groups – **do the exercise for locating information in the book:**

Explain the exercise (use **pictures** [page vi/vii], **Table of Contents** [viii], or **Index** [page 175] to locate the topic that the trainer announces). Explain that they should do this as a group – consulting with one another.

Instruct them that each group should **select a spokesperson.**

Tell them that when they have the answer, **the spokesperson should raise his/her hand.**

Then, when all agree that they understand the exercise, announce the first topic that they are to locate: **NOSEBLEEDS**

- If the group used the **pictures**, they need to say "**page vii**"
- If the group used the **Table of Contents**, they need to say "**page viii**"
- If the group used the **Index**, they need to say "**page 177**"

Reward the winners

Then, go over the correct answers with the whole group pointing out how information on **NOSEBLEEDS** could be found using the **pictures**, the **Table of Contents**, and the **Index**.

Do the same with **THROWING UP**

- **Pictures** – page vii
- **Table of Contents** – page ix
- **Index** – page 179

Do the same thing with **HEAD LICE**

- **Pictures** – page vii
- **Table of Contents** – page ix
- **Index** – page 177

A “cheat-sheet” showing the correct page for each topic is included in your manual, in this section page 6.

- Point out that the book encourages parents to take **CPR classes** and mention that a schedule is available in the classroom.
- Point out that the parents should **keep the book in one place** in their homes so that it can be located easily in an emergency.

Before the break – ask if anyone in the group has lost a child in an accident. If there is someone in the group who has lost a child to a household accident, meet with this person during the break and discuss the next section of the training with them to assure that they will be comfortable participating.

GIVE A 5 MINUTE BREAK

MATCH THESE WORDS

- | | |
|--|---|
| ___ Dehydration | 1. Itchy, skin rash that is caused by tiny bugs |
| ___ Immunizations | 2. Medicine you can buy at the store without a doctor's prescription |
| ___ Jaundice | 3. Cough that sounds like a dog's bark |
| ___ Convulsion | 4. As illness that causes tightness of the airway or breathing tube brought on by a cold, or coming in contact with smoke, dust, pets, or other things the child is allergic to |
| ___ Colic | 5. Yellow, oily crust on baby's head |
| ___ Cradle cap | 6. Shots/vaccinations |
| ___ Asthma | 7. What you should do when someone stops breathing |
| ___ Thrush | 8. Long crying spells (babies) |
| ___ Croup | 9. Yellow skin (babies) |
| ___ Eczema | 10. The loss of too much liquid from the body |
| ___ Impetigo | 11. A medicine ordered by the doctor to kill germs that cause infection |
| ___ Scabies | 12. Sudden movements of a person or part of a person's body that the person cannot control |
| ___ CPR
(cardiopulmonary resuscitation) | 13. White spots on tongue, gums, inside cheeks |
| ___ Over-the-Counter
Medication | 14. Dry, itchy skin |
| ___ Antibiotic | 15. Red, crusty, oozing sores on the skin, easily spread |

MATCH THESE WORDS

- | | |
|--|--|
| <u>10.</u> Dehydration | 1. Itchy, skin rash that is caused by tiny bugs |
| <u>6.</u> Immunizations | 2. Medicine you can buy at the store without a doctor's prescription |
| <u>9.</u> Jaundice | 3. Cough that sounds like a dog's bark |
| <u>12.</u> Convulsion | 4. As illness that causes tightness of the airway or breathing tube brought on by a cold, or coming in contact with smoke, dust, pets, or other things the child is allergic to |
| <u>8.</u> Colic | 5. Yellow, oily crust on baby's head |
| <u>5.</u> Cradle cap | 6. Shots/vaccinations |
| <u>4.</u> Asthma | 7. What you should do when someone stops breathing |
| <u>13.</u> Thrush | 8. Long crying spells (babies) |
| <u>3.</u> Croup | 9. Yellow skin (babies) |
| <u>14.</u> Eczema | 10. The loss of too much liquid from the body |
| <u>15.</u> Impetigo | 11. A medicine ordered by the doctor to kill germs that cause infection |
| <u>1.</u> Scabies | 12. Sudden movements of a person or part of a person's body that the person cannot control |
| <u>7.</u> CPR
(cardiopulmonary resuscitation) | 13. White spots on tongue, gums, inside cheeks |
| <u>2.</u> Over-the-Counter
Medication | 14. Dry, itchy skin |
| <u>11.</u> Antibiotic | 15. Red, crusty, oozing sores on the skin, easily spread |

CHEAT SHEET FOR LOCATION EXERCISE

<u>NOSEBLEEDS</u>	<u>THROWING UP</u>	<u>HEAD LICE</u>
Pictures: vii Table of Contents: viii Index: 177	Pictures: vii Table of Contents: ix Index: 179	Pictures: vii Table of Contents: ix Index: 177

EMPAREJE ESTAS PALABRAS

- | | |
|---|---|
| ___Deshidratación | 1. Que pica, erupción de piel que es causada por los insectos minúsculos |
| ___Inmunizaciones | 2. Medicina que usted puede comprar en el almacén sin una prescripción de un doctor |
| ___Ictericia | 3. Tosa eso suena como la corteza de un perro |
| ___Ataque | 4. Una enfermedad que causa la tirantez de la vía aérea o el tubo para respirar traído encendido por un frío, o el humo que entra en, contacto con, el polvo, los animales domésticos, o otras cosas el niño es alérgicos a |
| ___Colic | 5. corteza amarilla, aceitosa en los cabeza de bebé |
| ___Casquillo de horquilla | 6. Tiros/vacunaciones |
| ___Asma | 7. Qué usted debe hacer cuando alguien para el respirar |
| ___Tordo | 8. De largo encantos gritadores (los bebés) |
| ___Grupa | 9. Piel amarilla (los bebés) |
| ___Eczema | 10.La perdida de demasiado líquido del cuerpo |
| ___Impetigo | 11. Una medicina pedida por el doctor para matar los gérmenes que causan el infección |
| ___Scabies | 12. Movimentos repentinos de una persona o de una parte de cuerpo de una persona que la persona no puede controlar |
| ___CPR
(resucitación cardiopulmonar) | 13. Puntos blancos en la lengüeta, gomas, mejillas interiores |
| ___Medicación legal | 14. Piel seca, que pica |
| ___Antibiótico | 15. Rojo, crujiente, exundando dolores en la piel, fácilmente extensión |