

What to stock in your



medicine cabinet?

Little
Pioneers
nursery & pre-school
Part of **coop** childcare

Aaa-choo!



Children come down with colds, coughs and fevers constantly. At Little Pioneers, we're always ready to deal with whatever snuffle or sneeze they may have. To make sure you are prepared no matter what, we'd recommend stocking up on a few essentials.



1 Thermometer

Fevers and temperatures are common. Having a thermometer handy will mean you can keep an eye on them more closely.

2 Calpol or other liquid painkillers

Liquid painkillers are the ultimate must-have. Calpol is king for helping with a cold, fever, headache, teething, croup, sore throats and coughs.

3 Calamine lotion and/or antihistamine cream

Essential for summer, these creams will soothe all stings and bites. They'll also help with nasty rashes or sore skin.

4 Antiseptic cream, spray or wipes

Cuts will happen. But having an antiseptic cream or spray handy will make sure that they heal as fast as possible.

5 Tweezers

If it's a splinter or gravel you need to get rid of, tweezers are the tool of choice.

6 Plasters

Don't let a tumble stop them.



7 Adhesive tape, gauze rolls and pads, scissors

Keeping rashes and cuts protected will help them heal. This mini-kit will have you covered.

8 Electrolyte solution and gripe water

When their stomach's been sick, these will help them to get back to their normal selves quicker.

9 Cold compresses and heat pads

To soothe bumps and bruises, keep compresses and pads handy in the freezer or kitchen cupboards.

10 Cotton balls

For dabbing on antiseptic or wiping sores, these little guys are ideal.

11 Oral needleless syringe

Especially for smaller children, this syringe will help you to give them the medicines they need quickly and safely.

12 Saline solution

An all-round handy bottle to have, it can be used to clean out eyes or unblock a snotty nose.

13 Burn blott

Available on the internet, burn blott isn't just for emergencies. It can help to soothe sunburn too.

Don't forget to keep medicine kits locked away and always read the label before giving your child any medicine.



And if you're out and about... it's useful to carry a small first aid kit in your car or day bag...

...just in case!

