

Dear Parent or Guardian,

Your child's health class is currently studying first aid for common emergencies. In studying this topic, your child will learn the basic principles of first aid and what to do in the following situations: when someone is choking, when someone needs CPR, and when someone has fainted or has a broken bone, a sprain or bruise, a burn, an object in the eye, a nosebleed, or an insect bite or sting.

Some questions your teenager will answer as we study this topic are: *What are the basic steps to follow when someone needs first aid? How would I help someone who has stopped breathing? What would I do to control severe bleeding? Should I try to help someone in a life-threatening emergency? How do I determine what type of burn a person has?* and many others.

Basic first aid can be a lifesaver, so I cannot overemphasize the importance of the topic we are studying. Your assistance in your child's learning these procedures is extremely important. To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teenager:

- Watch a popular police/fire rescue show on television together. Discuss the events as they unfold. Could the accident have been prevented if certain safety measures had been taken? If so, which measures?
- Working together, agree upon the contents of a home first-aid kit. Then assist your teenager in assembling one. Make a second kit to be carried in the car.
- Play "What would you do if . . . ?" with your teenager. You ask, "What would you do if . . ." and name an emergency, such as "you find a person lying unconscious." Urge your child to be prepared for emergencies that require first aid.

Please feel free to engage in any other activities you think will prepare your teenager to offer first aid in an emergency. Thank you for supporting our classroom work. As always, you may contact me for further information.

Sincerely,

Health Teacher