**First & Foremost**



Baby and Child Lifesaving Session

Accidents in the home are still the main cause of injury to our babies and children some more serious than others – but in all cases very distressing and at times life threatening.

This 90 minute session is a must for the whole family including grandparents and possible babysitters so they are informed to make the choices that won’t harm your children. Within 90 minutes you will:

* Assist you to identify danger zones in your own home
* Recognise and change behaviour that leads to serious accidents
* Give you knowledge to make changes before it’s too late
* Give you the skills to make a difference
* How to perform CPR and breathing for your baby and small children
* How to prevent choking and how to deal with a choke should it happen

Come join me for a fun, informal session, meet new people and make those changes.

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VENUE

DATE

TIME