



The Ultimate First Aid Kit Checklist

Accidents and injuries are part of growing up. Most of us have a story from that one time when we tripped and fell, or accidentally grabbed the hot plate on the stove. Unfortunately, every accident can't be prevented, but you can make sure that you are equipped to deal with these emergencies the best you can when they come your way. That's why we've compiled the ultimate list of things that every first aid kit should include. Be sure to always chat to your paediatrician before administering treatments or medication to your baby.

Prescription Medication

Include a copy of your and your baby's prescription with your doctor's phone number. The kit should not be kept in a humid area like a bathroom, and be sure that whoever is taking care of your young one knows where to find the first aid kit.

First Aid Pocket Guide

- Rubbing Alcohol (sterilise thermometers and other tools)
- Baby Thermometer (for infants you will need a rectal)
- Ear Thermometer (mostly for toddlers)
- Petroleum Jelly (to lubricate rectal thermometers)
- Sharp Scissors
- Tongue Depressors (to check sore throats)
- Baby Acetaminophen/Ibuprofen
- Infant Toothbrush
- Hand Sanitizer
- Antibiotic Ointment

- Medicine Dropper
- Nasal Aspirator
- Sterile Bandages
- Teething Gel or Powder
- Colic Drops
- Gloves (when handling blood)
- Rehydration Fluids (for dehydration and diarrhoea)
- Sunscreen and Lip Protection
- Tweezers
- Insect Repellent
- Calamine Lotion (for soothing itches and insect bites)

