FAMILIES WITH YOUNG CHILDREN

Be ready with a baby or young children

Work down the list this month. Tick as you go.

111 **Worried about a child**
NHS 111, any time. Emergency: 999.

105 **Power cut**
Free, in Great Britain. NI: 03457 643 643.

- [ ] 01 **Ready-to-feed formula in**
  For feeds if you can't boil water.
- [ ] 02 **Cold-water sterilising kit**
  Tablets or solution, and a tub.
- [ ] 03 **Two days of nappies and wipes**
  Check the size still fits.
- [ ] 04 **Room thermometer in the bedroom**
  A baby's room: 16–20°C.
- [ ] 05 **Priority Services Register joined**
  Pregnant, or a child under 5.
- [ ] 06 **Children's medicines in date**
  Check the doses for their age.
- [ ] 07 **Torch for each child**
  Kept by the bed.
- [ ] 08 **Who collects from school**
  Two names, and the school knows.
- [ ] 09 **The plan told to the children**
  In simple words, in daylight.

Never water down baby formula. And no hot water bottle in a baby's bed.

WHO COLLECTS FROM SCHOOL, AND THEIR NUMBERS

SCHOOL OR NURSERY NUMBER

OUR GP SURGERY

HEALTH VISITOR