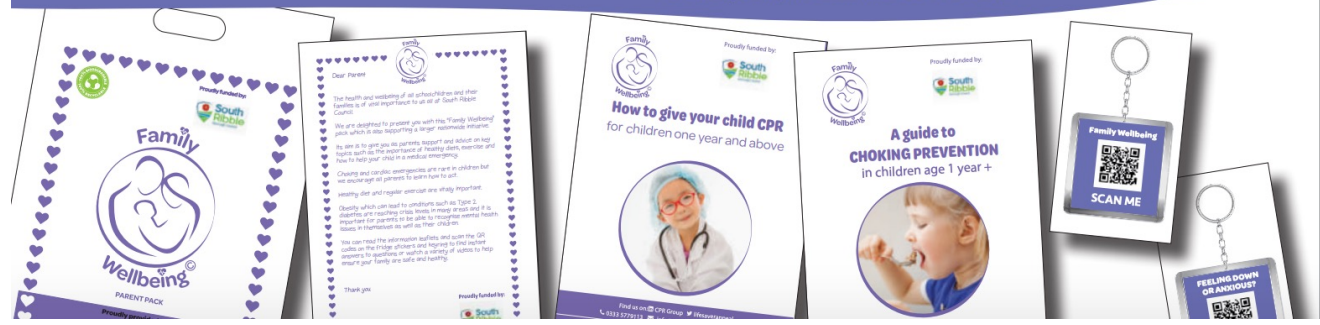




# Family Wellbeing Packs

“Family Well-being Packs create a bridge to link communities to vital council, government and NHS help and advice on a range of well-being topics. Despite huge investment to make resources available, in many areas the message is still not getting through. Obesity and mental health issues are at crisis point in many communities. Well-being leaflets provide easy to follow advice, our unique keyrings and fridge signs utilise modern QR code technology to give instant access to a multitude of support and information platforms.”

*Mark Dryburgh, Chair, The CPR Group*



# Instalink

Scan the QR codes for instant advice, help and support on amazing wellbeing topics

Download your QR Code Scanner from Google Play



**PUT ME ON  
YOUR FRIDGE**



Live Well



Be Well



Eat Well



Infant Lifesaving



Child Lifesaving



Adult Lifesaving

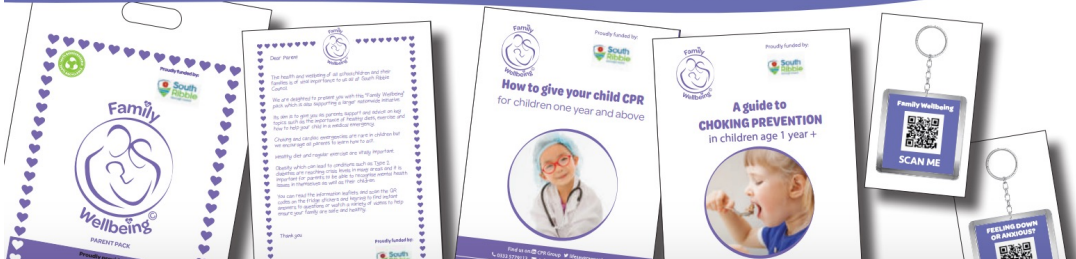
Scan these QR codes – print and stick on your fridge. Information updated constantly.....



## Family Wellbeing Packs

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[Find out more and claim your free pack on.....](#)

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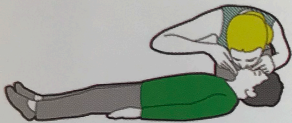


- ♥ You will then need to give 30 chest compressions.
- ♥ Kneel by the child and put one hand in the centre of the child's chest.
- ♥ Push down a third of the depth of the chest.
- ♥ Release the pressure allowing the chest to come back up.

Repeat this 30 times at a rate of 100 to 120 compressions per minute.

The beat of the song 'Nellie the Elephant' can help you keep the right rate.

- ♥ After 30 compressions, open the airway and give two breaths.
- ♥ Keep alternating 30 compressions with two breaths (30:2) until: (1.) emergency help arrives and takes over or (2.) the child starts showing signs of life and starts to breathe normally or (3.) a defibrillator is ready to be used.



Doing rescue breaths may increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child. This may be mitigated by placing a face shield or pocket mask over the child's mouth.

**It is vital that you perform rescue breaths as cardiac arrest in a child is likely caused by a respiratory problem.**

If the helper returns with a defibrillator, ask them to switch it on and follow the voice prompts while you continue with CPR.

Child CPR - if the child becomes responsive and starts to breathe normally, put them in the recovery position

If the child shows signs of becoming responsive such as coughing, opening eyes, speaking, and starts to breathe normally, put them in the recovery position. Monitor their level of response and prepare to give CPR again if necessary.



- ♥ If you have used a defibrillator, leave it attached.

## What should I do if my child is unconscious and not breathing?

After you have performed a primary survey, if you find that the child is unresponsive and not breathing you should ask a helper to call 999 or 112 for emergency help while you start CPR. Ask a helper to find and bring a defibrillator if available.

If you are on your own, you need to give one minute of CPR before calling on a speaker phone.

Do not leave the child to make the call or to look for a defibrillator.

(Please refer to the St John Ambulance Primary Survey Video by scanning the QR Code on the keyring or fridge sign).



- ♥ Child CPR - gently lift the chin and tilt the head back
- ♥ Start CPR. Place them on a firm surface and open their airway. To do this, place one hand on their forehead to tilt their head back and use two fingers from the other hand to gently lift the chin.



- ♥ Give five initial rescue breaths.
- ♥ Take the hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- ♥ With the head still tilted, take a breath and put your mouth around the child's, to make a seal.
- ♥ Blow into their mouth gently and steadily for up to one second, until the chest rises.
- ♥ Remove your mouth and watch the chest fall.



**That's one rescue breath. Do this five times.**

# Eating a healthier, balanced diet can help you and your family live a longer, safer life.

Adopting a healthy diet is one of the cornerstones of leading a healthy lifestyle. A balanced diet can help you maintain a healthy weight, support and maintain your health and well-being, and help you feel your best.

By making healthier choices, your diet can provide a good balance of nutrients while limiting or avoiding excess foods that may be high in saturated fat, sugar, or salt. This can help you to live longer and lower risks of obesity, heart disease, and even some cancers.


## What does a healthy diet consist of?

There is no single perfect diet. Everyone has different dietary needs. A healthy diet generally includes: plenty of vegetables and fruits whole grains healthy fats, like nuts and oily fish and lean meats.

Healthy diets may seem difficult to achieve, especially with the abundance of unhealthy food choices available. But a healthy diet doesn't have to be boring. There are plenty of healthy recipes that you can try out. These recipes can be used by everyone, including those who have special dietary requirements or who have food allergies.

## Find Out More

If you would like to learn about adopting a balanced and healthier diet and how they can benefit your overall health, then just scan the QR Code, or visit our website to find out more:

 [www.cprg.co.uk](http://www.cprg.co.uk)



## Food Facts

### *Fruit & Vegetables*

It is recommended that our diet include five portions of fruit and vegetables a day and should make up around a third of our daily food intake. They are packed with vital nutrients that can help so many aspects of our health.

### *Starchy Carbohydrates*

Starchy food is important to us, so try to use high-fibre, wholegrain, wholewheat varieties. By doing this, you will add more fibre and often more nutrients to your diet.

### *Hydration*

6-8 glasses of fluid should be the aim for you, per day.

It isn't just water that counts towards this though - lower fat milk, tea, coffee and sugar free drinks, fruit juices and smoothies can all be included towards your daily total.

Try to avoid sugary drinks though, as they are one of the leading contributors to excess sugar consumption amongst children and adults in the UK.

### *Dairy and Alternatives*

Dairy products like milk, cheese, yoghurt and fromage frais are all good for you and are simple enough to include on a daily basis. Try and choose the lower fat, unsweetened or calcium-fortified versions if you can.

### *Proteins*

Dairy products are seen as a large contributors to our required protein intake. We often forget that protein is included in things like beans, pulses, fish, eggs and meat. Try to avoid meats that are high in fat, particularly saturated fat.

### *Oils and Spreads*

Whilst fat in our diet is essential, eating the right fats is important. Try to use unsaturated fat alternatives, they can help reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils.

Information based on advice from Public Health England



## Signs of choking:

Unable to speak or cry, clutching their throat, struggling to breathe.

According to St John Ambulance, 80% of parents have no idea what to do if their child choked. This is a frightening statistic, especially when you consider that an average of 34 children are treated in hospital for choking on food every day.

Whilst you shouldn't be alarmed, you should equip yourself with as much information as possible in order to reduce the chances of choking. You should make sure you're aware of the signs of choking, which are different to the signs of gagging.

Young children can choke on anything that can fit through a loo roll. To prevent choking: keep such small objects out of reach, cut up food into very small pieces and supervise children while they're eating, especially if they're under five years old.

If a child shows signs of choking, stay calm and ask them to cough, as doing this they can often release whatever is stuck themselves. If this doesn't work then follow these steps to clear a blockage.



## What should I do if my child is choking?

- ♥ Bend the child forward, with one hand supporting them on their chest, with the other hand and use the flat of your hand to give a firm back blow between the shoulder blades.
- ♥ Check to see if the blockage has cleared before giving another blow.
- ♥ If the back blows haven't helped, get an ambulance on the way.
- ♥ If they are still unable to breathe after five back blows, begin abdominal thrusts:
- ♥ Stand behind the child and place one hand in a fist between their tummy button and their rib cage. Use the other hand to pull up and under in a J shaped motion, to dislodge the obstruction. Perform abdominal thrusts up to 5 times, checking each time to see if the obstruction has cleared.
- ♥ Anyone who has received abdominal thrusts must be seen by a doctor.
- ♥ If the child is still choking, call 999 (or 112) and alternate five back blows and five abdominal thrusts until emergency help arrives. If at any point the child becomes unconscious, commence CPR.

