

Module 3
Section 3

CARING FOR CHILDREN

Tips to help children be strong,
healthy, and happy and how to care
for them when they are sick or
injured.

IN THIS SECTION YOU WILL:

Explore the things children need to grow up strong, healthy, and happy.

Discover tips to help a child when they feel sick.

Learn basic first aid to help a child when they get hurt.

CARING FOR CHILDREN

What they need to be strong, healthy, and happy...

Kids need lots of things to grow up healthy and happy. They need to eat well, sleep well, play, and learn. They also need love, safety, and friends. This guide will tell you about the important things kids need and how you can help them get them.

Taking Care of Their Bodies

- **Eating Right:** Give kids lots of different foods like fruits, vegetables, whole grains, and milk. This helps them get all the good stuff they need to grow strong.
- **Eating on Time:** Make sure kids eat meals and snacks at about the same time each day. This helps them have enough energy to play and learn.
- **Getting Enough Sleep:** Kids need lots of sleep. Toddlers need 10-14 hours, and school-aged kids need 9-12 hours. Make a bedtime routine with calming things to help them relax.
- **Moving and Playing:** Kids need to move their bodies. Encourage them to run, jump, and play games. This helps them stay healthy and strong.

- **Limiting Screen Time:** It's okay to watch TV or play games, but kids need to spend more time playing outside and moving around.
- **Seeing the Doctor:** Take kids to the doctor for check-ups and shots. This helps keep them healthy and growing.
- **Staying Clean:** Teach kids to wash their hands, brush their teeth, and take baths. This helps keep them healthy and feeling good.



Feeling Safe and Loved

- **Be there for them:** To form secure attachments, children need consistent care and love.
- **Hugs and Kisses:** Show kids you love them by hugging them, telling them you love them, and spending time with them.
- **Being Nice:** Say nice things to kids and encourage them. This helps them feel good about themselves.



- A Safe Place: Make sure kids have a safe and comfortable place to live. This helps them feel secure and relaxed.
- Helping When They're Sad: When kids are upset, comfort them and let them know you're there for them.
- Talking About Feelings: Encourage kids to talk about their feelings. Listen to what they have to say and help them understand their emotions.

Making Friends and Getting Along

- Playing with Others: Help kids make friends by setting up playdates and encouraging them to play with other kids at school.
- Family Time: Spend time together as a family. This helps kids feel loved and connected.
- Being a Good Friend: Teach kids how to share, be kind, and help others. This helps them make good friends.
- Solving Problems: Teach kids how to talk to each other when they have disagreements. This helps them learn to get along.

Learning and Growing

- Reading and Counting: Read books to kids and play games that help them learn letters and numbers. This helps them get ready for school.
- Going to School: Make sure kids go to school every day. This helps them learn and grow.
- Helping with Homework: Help kids with their homework and encourage them to learn new things.
- Playing and Exploring: Give kids toys and games that help them learn and think. Take them on trips to museums and parks to explore new things.
- Being Creative: Encourage kids to draw, sing, and play pretend. This helps them use their imaginations and be creative.



Doing What's Right

- Teaching Values: Teach kids about things like honesty, kindness, and being responsible. This helps them grow into good people.

- **Setting a Good Example:** Show kids how to be honest and kind by doing those things yourself.
- **Learning About Culture:** Teach kids about their own culture and traditions. This helps them understand where they come from.
- **Spiritual Growth:** If you have religious beliefs, share them with your kids. This helps them learn about faith and spirituality.



Taking care of kids is important! By giving them the things they need, you can help them grow up healthy, happy, and ready for the future. Remember to love them, teach them, and help them be the best they can be!

When kids get sick

Kids can get sick, and it's our job as grown-ups to help them feel better. We need to know how to take care of sick kids and when to call a doctor.

First, it's important to stay calm. Kids can feel scared when they're sick, so grown-ups need to be calm and

and reassuring. It's also important to watch the child closely and see how sick they are.

Next, make sure the child drinks lots of fluids, like water or juice. This helps keep them from getting dehydrated. It's also important to give them small meals of easy-to-digest foods, like toast or rice.

If the child has a fever, you can give them medicine like acetaminophen or ibuprofen. Make sure to follow the directions on the bottle. You can also dress them in light clothing and use a light blanket if they're cold. Some people think it's better to let the fever break on its own. In this case, don't use medicine to lower the child's temperature and just wait it out. Use a thermometer to check so the temperature doesn't get too high.

Coughs or colds are common but no fun. Encourage the child to rest and sleep. You can also use a humidifier to make the air moist, which can help them breathe easier. If the child has a stuffy nose, you can use saline drops or spray. For kids over one year old, honey can help soothe a sore throat.



If the child is vomiting or has diarrhea, it's important to keep them hydrated. Give them small sips of fluids often. You can also give them bland foods like crackers or rice. Watch for signs of dehydration, like dry mouth or not peeing for a long time.

If the child has a rash, try to figure out what it looks like and where it is. You can use cool compresses and anti-itch cream to make them feel better.

Earaches can be very painful. If the child has ear pain, use warm compresses and keep them upright. You can also give them medicine like acetaminophen or ibuprofen.

It's important to create a comfortable space for the sick child to rest. You can give them quiet activities like books or puzzles to keep them entertained.

Always wash your hands often to prevent the spread of germs. You should also clean surfaces and wash bedding regularly.

If you're not sure what to do, always talk to a doctor. They can help you figure out how to take care of your sick child.

First aid and kids

Kids are always moving and exploring. They can get hurt easily. It's important to know how to help them if they get hurt. Here are some basic first aid skills for kids.



Checking for Problems

First, you need to make sure the area is safe. You don't want to get hurt too! Then, check if the child is awake. Gently touch them and ask if they're okay. If they're not awake, you need to call for help right away.

Helping Someone Who Can't Breathe

If a child isn't breathing, you need to do CPR. CPR stands for Cardiopulmonary Resuscitation. It helps to get their heart and lungs working again. You need to call for help first, then start CPR. For kids, you push hard on their chest. Place one hand on the center of the chest and push hard and fast, about 100-120 compressions per minute. Provide rescue breaths if trained, with a 30:2 compressions-to-breaths ratio. For babies, you use two fingers to push on their chest.

Helping Someone Who's Choking

If a child is choking, they can't breathe. You need to help them get the food or toy out of their throat. For older kids, you can do the Heimlich maneuver. You

stand behind them and push up on their stomach. For babies, you lay them on their tummy and pat them on the back.

Taking Care of Cuts and Scrapes

Skinned knees and kids go hand in hand. If a child has a cut or scrape, you need to clean it with water and soap. Then, put some medicine on it to help it heal. Cover it with a bandage to keep it clean. If the bleeding is really bad, you need to call for help.



Treating Burns

Burns can be very painful. If a child has a burn, you need to cool it down with water. If the burn is really bad, you need to call for help.

Helping Broken Bones and Sprains

If a child has a broken bone or a sprain, you need to keep it still. You can use a splint or a sling to help keep it from moving. You can also put ice on it to help reduce swelling. If the injury is really bad, you need to call for help.

Dealing with Poisoning

If you suspect a child has swallowed poison, you need to call for help right away. Don't make them throw up unless a doctor tells you to.

Helping with Allergies

Some kids have allergies. If a child has an allergic reaction, they might get itchy or have a rash. If the reaction is really bad, they might have trouble breathing. You need to call for help right away.

Staying Safe in the Heat

Kids should play outside as much as possible but sometimes too much sunshine in the heat can be dangerous. If they get too hot, they might feel dizzy or sick. You need to move them to a cool place and give them water to drink. If they get really hot, you need to call for help.

Knowing When to Call for Help

It's always better to be safe than sorry. If you're not sure what to do, call for help. You can call 911 or your local emergency number.

Knowing how to help a child in an emergency can make a big difference. By learning these basic first aid skills, you can be prepared to help a child in need.

DISCUSSION QUESTIONS

1

Have you ever taken care of someone who was sick? What did you do to help them feel better?

2

What are some ways you can help teach your child to take care of their body?

3

Children need to feel secure. How they are consistently cared for can affect how they view relationships later in life. What are ways to help a child feel secure?

4

How can you be a role model, set an example, and pass on important values to children? What things are important to you that you want to see in your children?

5

How comfortable are you with applying first aid to others? What are some ways you can build confidence or learn more skills?

6

What challenges do you face when caring for someone who is feeling sick? How do you prefer to be treated when you are sick?

RESOURCES

- <https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online>

Christ Centered Corner

Extra encouragement from a Christian perspective.

Caring for children is very important, rooted deeply in biblical teachings and the example set by Jesus Christ. Children are a gift from God, deserving of love, protection, and nurturing. The Bible emphasizes the responsibility of parents and the faith community to teach children about God's love and principles, as seen in passages like Proverbs 22:6, which encourages training up a child in the way they should go.

The act of caring for children is seen as a reflection of God's love and care for humanity. Jesus himself showed deep care for children, welcoming them and telling others of their importance in the Kingdom of Heaven (Matthew 19:14). This sets a model for Christians to follow, emphasizing compassion, patience, and a commitment to the well-being and spiritual growth of children.

Helping children grow up well also helps make the world a better place. When children learn about kindness, honesty, and respect, they grow up to be good people who care about others. This is how Christians help make the world a better place for everyone.

Caring for children is not only a divine duty but also an expression of faith. We try to raise individuals who show Christ's love, follow His ways and contribute positively to society.

MODULE PRESENTERS & CONTENT PROVIDERS



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This course was developed by My Neighbor to Love Coalition and Lighthouse Beginnings with a Community Impact grant from Sourcewell.