

FREE FIRST AID PROGRAM FOR PARENTS



Up to 1500 parents across north west Melbourne will get the knowledge and skills to potentially save their children's lives, thanks to a partnership between North Western Melbourne Primary Health Network (NWMPHN) and Tiny Hearts First Aid.

NWMPHN is funding infant and toddler first aid training sessions for parents and parents-to-be at various locations in Melbourne's northern and western suburbs, beginning from November this year and running until mid-2018.

Tiny Hearts CEO Nikki Jurcutz said the 3.5 hour sessions will teach parents how to respond to a range of medical situations, from choking, to burns, allergies, injuries, drowning and more, as well as including infant, child and adult CPR.

"The program also provides parents with an understanding of what health care options are available, particularly in the after-hours timeframe," Ms Jurcutz said.

“The program aims to enhance the knowledge, skills and confidence of parents to make more informed and appropriate decisions when it comes to the health of their children.”

NWMPHN is funding 1500 free tickets for the first aid workshops, with 12 dates and times available to ensure as many people as possible can attend. Participants will also receive ongoing support to manage their child’s health through the Tiny Hearts app.

NWMPHN CEO Adj/Associate Professor Christopher Carter said the program is a great boost for child and parent health in the region.

“Parents will learn what to do in an emergency, as well as less urgent medical situations, giving their child the best chance of a good health outcome,” A/Prof Carter said.

“They will also have the knowledge to choose the best place to get help if they need it, whether that be from their GP, at an after-hours clinic or a hospital emergency room.”

Parent and parent-to-be who live in the NWMPHN region can register their interest for the training sessions at

<https://www.tinyheartsfirstaid.com/northwestmelbourne>