



Erasmus + project:

„I am a brave and helpful person -
how to teach first aid to preschool
children through value-based
education and practical activities“

Answers to questions from the first aid
trainer Margit Pärn (Estonia)

20.10.20

Tallinn Meelespea Kindergarten





1. Have you learned about first aid before?

First aid courses are compulsory for all educators. First aid courses can be taken in public trainings or in-house trainings organized by the employer. In our kindergarten, the first aid course is completed as in-house training. It is compulsory for all the staff members after 3 years from the last training.





2. What kind of first aid can a teacher perform at your kindergarten and at what point is it mandatory to call for an ambulance?

Teacher provides first aid measures and depending on specific situation decides if it is necessary to call an ambulance.





3. Do you teach first aid to your kids in your country/kindergarten?

We teach first aid from the age of 5 in our kindergarten.





3.1 Do you have a specific methodology for teaching children first aid?

The methodology we use to teach children has been used and improved for 15 years. We wish to share our knowledge and work on developing the methodical materials with project partners.





3.2 From what age do you talk about first aid with kids?

We start talking to children about different first aid techniques from the age of five. Every year we repeat what we have learned before and add new knowledge.





3.3 Is teaching first aid part of your kindergartens' curriculum?

First Aid has been part of our kindergartens curriculum for a few years. Teaching first aid and safety is very important in our kindergarten.





3.4 Who teaches children first aid - the group teacher or some other specialist?

First aid and safety are taught by both specialists (*first aid instructor, firefighters with fire truck etc.*) and teachers.

Teachers themselves acquire knowledge and practice about various first aid techniques during training and pass on their knowledge to children.





3.5 Do you feel like you have knowledge to teach children about first aid?

This is a good question to add to the projects evaluation document **teachers questionnaire**.

We think that teachers have the knowledge but lack of materials.





3.6 How do you teach children to call emergency number?

We talk with kids that there is a number “**112**” where you can call when you need help.

How to remember the number, it is easy: **You have 1 mouth, 1 nose and 2 eyes.**

Also we **play role plays** where teacher is the rescuer who answers the phone in emergency center and child is calling for help. We play through the questions that the rescuer is asking and what the child should say.

The most important thing we teach to our children is the fact that you can never call to 112 without any need. False calls are very bad because maybe while you played a trick to rescuers, someone was in a really big need for help.





3.7 What kind of first aid techniques do you teach to children?

In our kindergarten, children learn to call for help, resuscitate, stop bleeding, open the airways and many other techniques.

In addition, various situational tasks are performed.





4. Do you do any cooperation with first responders (police, ambulance, fire fighters...) regarding teaching children first aid?

Yes, every year we have a program called “Tulest targem” (“Smarter than fire”) where **fire fighters** visit our kindergarten and talk with us. Also they come with their fire truck and children can go inside and see the machine from inside. Fire fighters take out their tools and let children touch these. In Tallinn there are many **first aid responder** groups who accept children group tours in their houses and explain children about their job.



