

MINOR CUTS, BURNS AND SPLINTERS

When you are a big brave explorer like me, sooner or later you're gonna have a little scrape or cut. As you get older, you can deal with this yourself rather than getting mom or dad to help.

So let's get this rolling:

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

1. Discuss these tips and tricks with your parents and create an action plan.
2. Make sure you fully understand what we mean by a minor cut, burn or splinter; bigger situations mean we need to get help.
3. For the next two minor mishaps you have, tackle the situation yourself with your parents' observation.

Minor Cuts

When you get a cut, the first important thing is not to panic. Your body is very good at fixing itself, and we will just do a couple of steps to help it in the right direction. First, bleeding is not a bad thing; the blood is actually helping to clean out the cut. The best thing you can do is get that cut under running cold water to help clean it out. Cleaning solutions like peroxide can actually irritate. Now, try to stop the bleeding by applying a clean cloth or gauze. If the cut is on a hand, you can raise your arm above your head and that will reduce blood pressure. Finally, a band aid will help it stay clean. Taking the band aid off at night will help dry the cut out, which seems to heal it a whole lot faster too.

Minor Burn

If this happens, first soak the wound in cold water for a few minutes or longer. You can then use something soothing like Aloe Vera or a crème to soothe the tenderness. Finally, you might consider a loose gauze with a burn cream on it that helps the healing process.

Removing a Splinter

If you get a splinter, the first thing to do is clean the wound. Now, if it's a small splinter that does not hurt, you can leave it (keep an eye on it though) and your body will work it out all on its own (how cool is that?) If it does hurt, there are a couple of other tricks you can use to try to remove it. When your hands have dried, you can try sticky tape, sticking it to the area and swiping away in the hope that you might drag the splinter out. Another method is to use hair removal wax. Finally, if all else fails, I scrape the surface of the skin with tweezers (scrape not slice) in the opposite direction to which the splinter went in. The tweezers usually grip the splinter and it comes right out. You don't even feel it, but that is a method reserved for you to do with your parents help only. I wouldn't be surprised if they have their own great method.

