

Chapter 12: Little Ones

Lily: "Little hands, hold tight. Big Rangers keep them safe!"

Many Rangers help with babies and little brothers and sisters. That's a big, kind job. Rangers are **helpers**. A grown-up is always in charge of a baby.

What Rangers know

- **Clean hands first.** Wash with soap before you touch a baby, their food or their cup, and after nappies.
- **Water is a grown-up place.** Little ones can drown in just a little water: buckets, basins, wells, ditches, puddles and rivers. Keep buckets covered or empty, and **never leave a little one alone near water, even for a moment.** Tell a grown-up about an uncovered well or deep hole.
- **Hold hands** near roads, trucks, crowds, water and fires.
- **Fire and hot things:** keep little ones far from stoves, pots, hot drinks and candles.
- **Small things are choking things:** coins, beads, bottle caps, batteries, nuts. Keep them up high.
- **Never give a little one medicine, chemicals or bleach,** and keep fuel and cleaning bottles out of reach.
- **Baby sleep:** babies sleep on their backs, on a flat, firm place, with no pillows or loose

blankets over their face. A grown-up decides where.

- **Keep babies warm** (a hat and skin-to-skin with mum), but not too hot.
- **Play and talk.** Sing, make faces, tell stories. Little ones learn from you.
- **Tell a grown-up fast** if a baby or little one:
 - won't feed or drink
 - is very sleepy or floppy
 - has fast or hard breathing
 - has a fever, lots of watery poo or vomiting
 - has a fit
 - is cold to the touch

Older Rangers (12+)

- Help a grown-up carry and settle babies, using both arms and supporting the head.
- Make sure babies' cups and bowls are washed with safe water.
- Know where the health tent is and how to describe a baby's danger signs.

Ranger checklist

- ☐ I wash my hands before touching a baby.
- ☐ I never leave a little one alone near water, even a bucket.
- ☐ I hold little hands near roads and fire.
- ☐ I keep small things and bottles out of reach.
- ☐ I know babies sleep on their backs, on a flat place.
- ☐ I can name three baby danger signs and I tell fast.

Earn your badge (Little Ones Helper 🧑, new area)

Level	Requirement
 Heart	Say: "Little hands, hold tight. Big Rangers keep them safe!"
 Bronze	Name three dangers for little ones (water, fire, small things) and three baby danger signs.
 Silver	Help a grown-up with a little one for a day: hand-washing, hand-holding, play.
 Gold	Help your family make a "safe corner" for a little one: no water, no small things, no hot things.

Level	Requirement
 Platinum m	Ages 12+: help a grown-up run a play time for little ones in a child-friendly space.

Watch and learn

- Planned: Helping With Baby
- Planned: Hungry Signs and the Feeding Tent
- Planned: Tummy Trouble
- Handbook Chapter 2 (danger signs) and Chapter 13 (first aid)

Grown-up note

Breastfeeding is the safest way to feed babies in emergencies: it protects against infection and needs no water. If a baby isn't breastfed, ask health workers for help, because bottles and formula made with unsafe water are a major danger. Supervise children near any water, and cover or empty containers. Older children caring for siblings need a grown-up nearby and should never carry sole responsibility for a baby.