



FIVE WAYS YOU CAN SAVE YOUR BABY'S LIFE

WHAT TO DO IF YOUR BABY IS CHOKING

1. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Give up to five back blows between their shoulder blades with the heel of your hand



2. Check their mouth

- > Lay your baby on your thigh face up
- > Carefully pick out any obvious objects with your fingertips

3. Squeeze it out

- > Using two fingers, give up to five downward chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



4. Call 999/112

- > Take your baby with you and call 999 or 112
- > Repeat steps 1 to 3 until help arrives or your baby stops choking.

WHAT TO DO IF YOUR BABY IS UNRESPONSIVE

1. Check for a response

- > Tap their foot and call their name
- > If no response, shout for help



2. Open their airway

- > Gently tilt the head back



3. Check for breathing

- > Look, listen and feel



4. If they are breathing

- > Hold them in the recovery position (see below)
- > Call 999/112 for help

If they are not breathing

- > Call 999/112
- > Give CPR until help arrives.

WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING

If your baby is unresponsive and they are not breathing, follow these steps to perform CPR.

1. Call 999/112 for an ambulance

- > If you're alone, give one minute of CPR before calling on a speaker phone

2. Breathe

- > Open airway
- > Put your lips around their mouth and nose and blow steadily for up to one second
- > Give five initial rescue breaths



3. Pump

- > Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- > Give two rescue breaths followed by 30 chest compressions
- > Continue CPR until help arrives.

WHAT TO DO IF YOUR BABY HAS A SEIZURE (FIT)

Make it safe

1. Clear objects that may cause your baby injury

2. Don't try to restrain them

- > Put soft padding around them

3. Cool them

- > Take away bedding and remove a layer of clothing when the seizure has stopped

4. Put them in the recovery position

5. Call 999/112 for emergency help

- > When seizure has stopped, put them in the recovery position while you wait.



HOW TO HOLD A BABY IN THE RECOVERY POSITION

1. Cradle them in your arms, with their head tilted downwards



2. Call 999/112 for emergency help

3. Monitor their breathing, pulse and level of response.

More life saving techniques and videos can be found on our website.

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