

Safety First!

CPR For Babies and Children

What do you do if you think your child has stopped breathing? Tap him on the shoulder or shout out his name. If he doesn't react, remember your ABCs.

Airway:

Put your child on his back. Open his airway by tilting back his head and lifting his chin. Do not tilt his head too far.



Breathing:

Babies younger than 1:

+ Cover his nose and mouth with your mouth and give 2 short, gentle breaths.

Children 1 and older:

+ Pinch his nose and cover his mouth with yours and give two breaths.

Compressions:

Babies younger than 1:

+ Put your middle and index fingers in between your baby's nipples.

Children 1 and older:

+ Use the heel of one hand and push straight down, quickly and smoothly. Do this 30 times. Breathe 2 more times and repeat compressions.

If you are home alone, do this for 2 minutes first, then call 911.