# FIVE WAYS YOU CAN St John Ambulance SAVE YOUR BABY'S LIFE

# WHAT TO DO IF YOUR BABY IS CHOKING

1. Check their mouth

#### 2. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Up to five blows between their shoulder blades.



#### 3. Squeeze it out

- > Using two fingers, give up to five chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call for an ambulance.



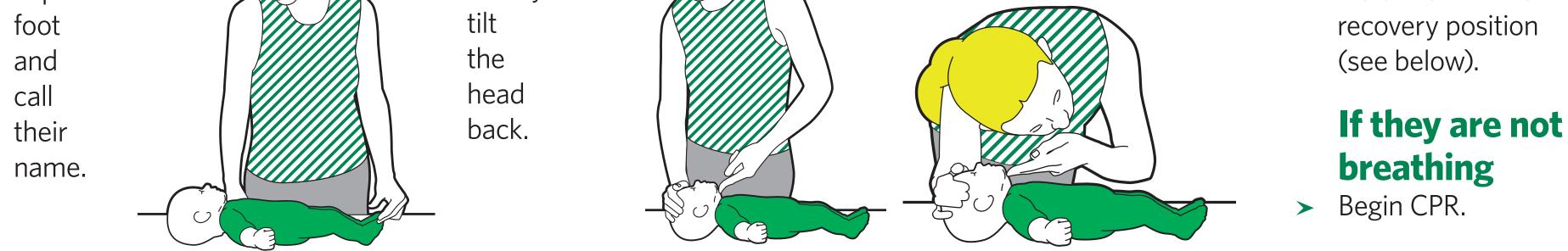
# WHAT TO DO IF YOUR BABY IS UNCONSCIOUS

- 1. Check for a response
- > Tap their foot



**2. Open their** airway

#### **3. Check for breathing**



#### 4. If they are breathing

Hold them in the

## WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING

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

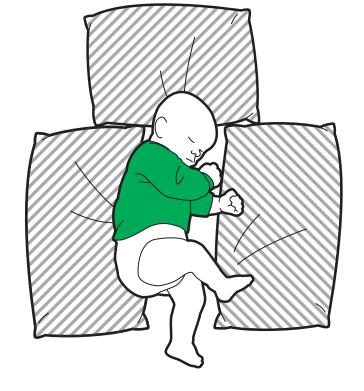
#### **1. Call for an 2. Breathe** 3. Pump 4. Repeat **ambulance** > Put your lips around their mouth and nose > Using two fingers > Give two rescue breaths followed by 30 chest and blow steadily in the centre of the chest, for up to one compressions second give 30 chest Continue CPR until compressions Give five help arrives. $\succ$ at a rate of initial 100-120 per rescue minute. breaths.

#### WHAT TO DO IF YOUR BABY HAS A SEIZURE (FIT) Make it safe

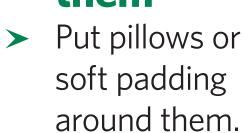
- **1.** Clear objects that may
- **2. Don't try to** restrain them
- **3. Cool them**
- > Take away bedding and remove a layer

#### **4. Call for an ambulance**

> When seizure has stopped, put them in the recovery







of clothing.

position while you wait.

### HOW TO HOLD A BABY IN THE RECOVERY POSITION

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



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

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ambulance

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