

FIVE WAYS YOU CAN 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 and call their name.



2. Open their airway

- > Gently tilt the head back.



3. Check for breathing



4. If they are breathing

- > Hold them in the recovery position (see below).

If they are not breathing

- > Begin CPR.

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 ambulance

2. Breathe

- > 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 injury

2. Don't try to restrain them

- > Put pillows or soft padding around them.

3. Cool them

- > Take away bedding and remove a layer of clothing.

4. Call for an ambulance

- > 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 for an ambulance

3. Monitor their breathing, pulse and level of response

Learn first aid.

Help save lives.

Be the difference.