

happily raised

CHOKING

STEP BY STEP

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What to do when your infant (0-1yr) goes silent when choking:

Step 1: Position your infant with their **head lower than their chest** while keeping the head and neck supported.

Step 2: Perform **5 back blows** in between shoulder blades using the palm of your hand.

Step 3: Flip your baby and perform **5 chest thrusts** in a more upward motion than cpr compressions.

Step 4: Repeat **5 back blows then 5 chest thrusts** until object is dislodged or infant goes unconscious. If infant goes unconscious and does not have a pulse, start CPR immediately.

SAFETY REMINDERS & TIPS:

Choking is **SILENT** & requires **immediate intervention**.

Gagging has **noise** (air can pass) and you calmly encourage baby to cough/gag out object or food.

Common non-food choking hazards: water bottle tops, coins, balloons, small toys, etc.

AVOID swiping your fingers in baby's mouth and pushing item further into airway.

Sources:

How to perform child and Baby CPR. Red Cross. (n.d.). Retrieved November 24, 2022, from

<https://www.redcross.org/take-a-class/cpr/performing-cpr/child-baby-cpr>

American Red Cross. (n.d.). Retrieved November 24, 2022, from

https://www.redcross.org/content/dam/redcross/atg/PDF_s/ConsciousChokingPoster_EN.pdf

CPR step by step



What to do if you find your infant (0-1yr) is unconscious:

1. Make sure the scene and area around the infant is safe.
2. Tap foot and shout to determine if the infant is unresponsive.
3. Yell for help. If a second person is available have them call 911 → use practiced phrase: **“Baby not breathing. Don’t ask questions. Call 9-1-1.”**

01

Check breathing and responsiveness for no more than 10 seconds.

Scan the baby’s head and chest for signs of breathing. Check the brachial pulse. Tilt baby’s head, nose to ceiling, to open their airway.



02

Open the airway.

Tilt your infant’s head back to neutral position and lift the chin, but be cautious not to overextend the neck.

03

Do 30 chest compressions.

Place your baby on a flat, hard surface.

- For an infant, stack your thumbs and find the center of the chest just below nipple line.
- Push your thumbs into the chest at a depth of 1.5 inches at a rate of 100-120 compressions per minute. Make sure to allow the chest to fully recoil after each compression.
- The American Heart Association recommends pushing to the beat of the chorus “Staying Alive” by the Bee Gees. Do 30 compressions.



04

Give 2 breaths.

Create a seal over your child’s airway by covering their mouth and nose with your mouth. Give 2 gentle breaths lasting 1 second each (not a full adult breath), watching to see the chest rise and fall.



05

Continue the “30 compressions, then 2 breaths” cycle until help arrives.

Our objective in continuing CPR is to keep the blood flowing from the heart to the brain and other vital organs until a medical professional with advanced equipment can take over.