

Paediatrics and Neonatology

A parent's guide to infant resuscitation

On completion of Cardiopulmonary Resuscitation (CPR) training, the parent should be able to demonstrate resuscitation of an infant in cardiac arrest using the paediatric modifications to the adult sequence.

If you find your baby pale, blue, still, unresponsive follow these steps:

- Take a deep breath; try to keep calm, approach safely checking for risks to the baby, any bystanders and yourself
- Try and wake the baby up; call their name, flick their foot, tickle their ribs, blow air onto their face. **Do not** shake them violently
- If you unable to wake the baby, **shout** for help



- Lay the baby on a flat hard surface and open the airway (put head in a neutral position) To do this, place one hand on their forehead and very gently tilt their head back. With your other hand, use your fingertip and gently lift the chin.



Patient Information

- Put your face next to baby for about 10 seconds
 - Listen for breathing
 - Feel for breath on your cheek
 - Look for chest movement



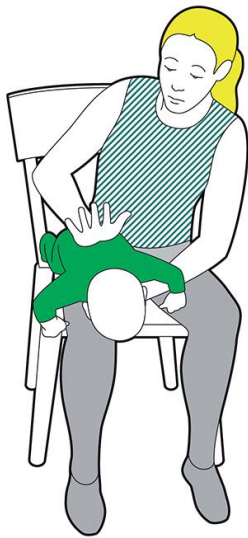
- If there are no signs of breathing, put your mouth over baby's mouth and nose, keep the head in a neutral position and give five initial rescue breaths
- Assess the baby's response to rescue breaths. If there is no response, start CPR with 30 chest compressions followed by two rescue breaths.
- If you are alone, perform one minute of CPR before alerting the ambulance service or going for help



- Compress the chest by one third of its depth
 - Use two fingers for an infant under one year
 - Use one or two hands for a child over one year to achieve the right depth of compressions
- Continue to perform CPR with the correct ratio of chest compressions to rescue breaths (30:2).

Patient Information

The parent should know what to do if a baby starts to choke



- Lay baby downwards on your forearm. Using the heel of your hand, give them a firm back blow between the shoulder blades. Give up to five back blows, and check between each blow to see if the blockage has cleared. Clear the blockage from baby's mouth with your little finger.
- If the blockage hasn't cleared, lay baby on their back, place **two fingers in the centre of their chest**, and give them up to five chest thrusts
- If baby is still choking, check to see that 999 has been called and alternate five back blows and five chest thrusts until emergency help arrives. **If at any point baby becomes unconscious, start CPR.**

Key points to reduce cot death

- Place your baby on the back to sleep, in a cot in a room with you
- Do not smoke during pregnancy or let anyone smoke in the same room as your baby
- Do not share a bed with your baby if you have been drinking alcohol, if you take drugs or if you are a smoker
- Never sleep with your baby on a sofa or armchair
- Do not let your baby get too hot, keep your baby's head uncovered, place your baby in the "feet to foot" position

Patient Information

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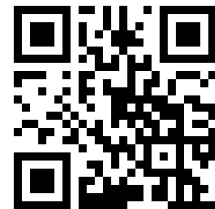
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