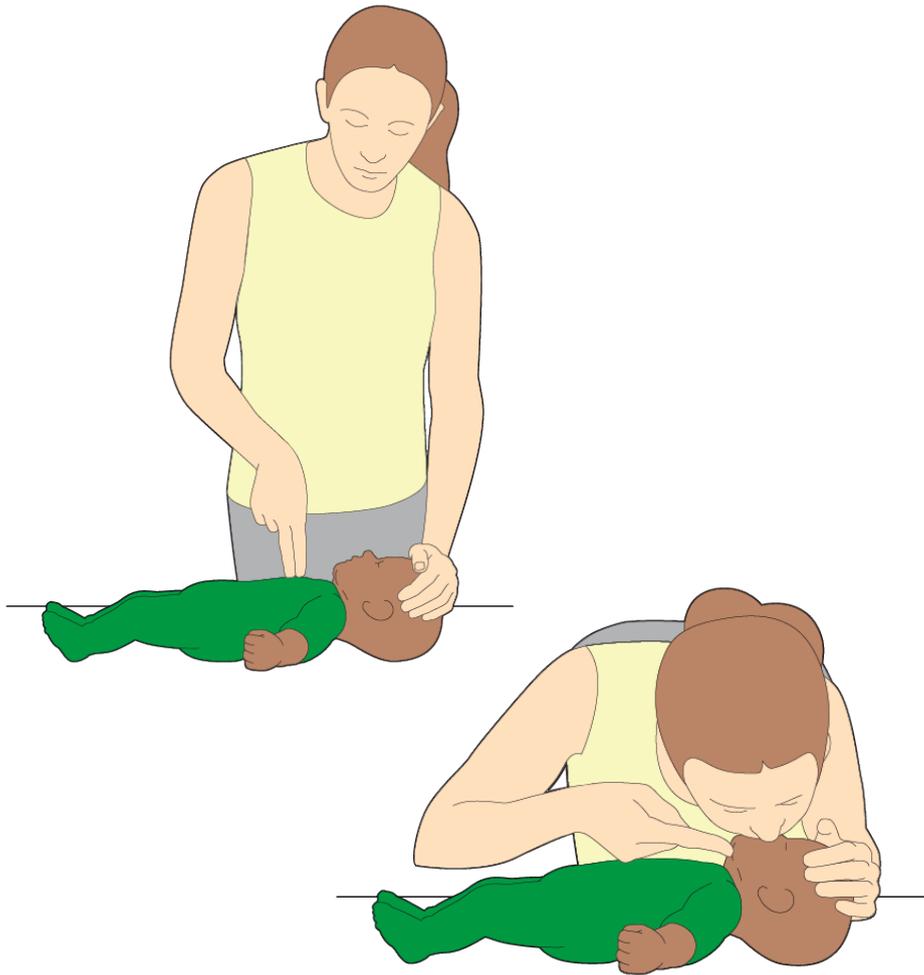




How to give CPR to a baby



Easy read booklet 5

Who we are and what this booklet is about



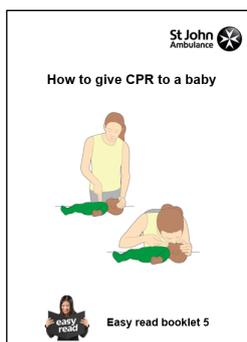
We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



First aid is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.



We have 8 booklets to help you learn how to give first aid.



This booklet tells you how to give **CPR** to a baby.

What CPR is



CPR is short for **Cardiopulmonary Resuscitation**.



CPR is a mix of **chest compressions** and **rescue breaths**.



Chest compressions are when you use your hands or just your fingers to press down on someone's chest.

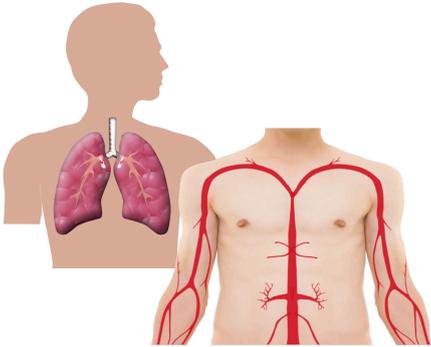


Rescue breaths are when you put your mouth over someone's mouth, and you blow.

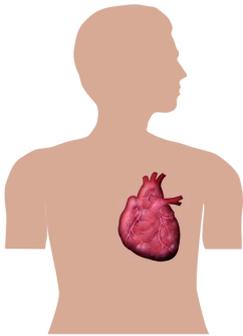


For a baby you put your mouth over their mouth and nose.

How CPR helps



CPR helps pump blood and oxygen around the body after **cardiac arrest**.



Cardiac arrest is when the heart stops pumping blood around the body to important organs like the brain.



This means oxygen also cannot get around the body as oxygen moves around the body through blood.



Chest compressions help pump blood around the body and rescue breaths give oxygen.

Rescue breaths on a baby



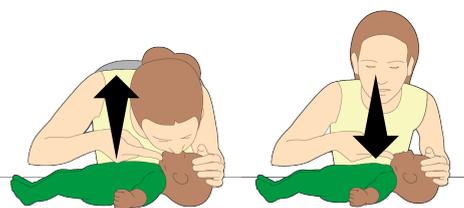
Put 1 hand on the baby's forehead and 2 fingers under their chin.



Then tilt their head back so the front of their neck is showing.



Put your mouth around the baby's mouth and nose.



Blow gently for 1 second. Make sure their chest goes up. Take your mouth off their mouth and nose. Make sure their chest goes down.

Chest compressions on a baby



Stand over the baby and put 2 fingers on their chest. Your fingers will be pointing to the middle of their chest between their nipples.



Press down about 4cm on their chest.



Let the chest rise before you press down again.



30

Give 30 chest compressions.

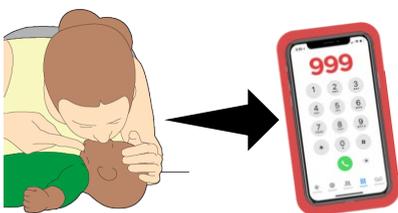
How to give CPR to a baby



If someone is with you, ask them to call **999** or **112**.



If you are alone, call **999** or **112** and put them on speakerphone so you can start **CPR**.



If your phone does not have a loudspeaker, start **CPR** for 1 minute before you call **999**.

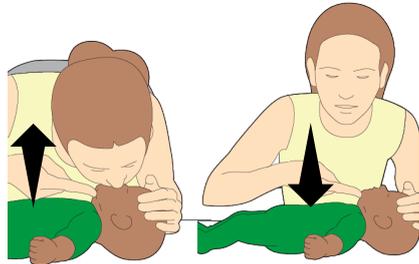


Lie the baby face up on a hard surface like a table. Do not use a bed or sofa as they are too soft.



5

Start with 5 rescue breaths. You should give 1 rescue breath every 1 second.



Make sure their chest goes up when you blow into their mouth and nose and goes down when you take your mouth off their mouth and nose.



30

After 5 rescue breaths, give 30 chest compressions.

100 120 ¹ Minute

You should try to give 100 to 120 chest compressions in 1 minute.



This is a lot of chest compressions in a short amount of time. Some people sing the song called 'Staying Alive' to stay in time.



2

After you give 5 rescue breaths and 30 chest compressions, you will keep giving 2 rescue breaths and then 30 chest compressions.

When to stop CPR



Keep giving 2 rescue breaths and then 30 chest compressions until 1 of these happen

- a health expert comes
- you are too tired to keep going
- they start breathing normally.



If someone is with you, take it in turns to do 1 or 2 minutes of CPR each.



If the baby starts to breathe normally by themselves, you can put them in the **recovery position**.



Booklet 6 tells you how to put someone in the **recovery position**.

Thank you for reading booklet 5

Thank you to A2i for the words
www.a2i.co.uk (reference 368711)