

Essential first aid for babies

Even basic first aid can save a life in an emergency. Our guide can help you be the difference between a life lost and a life saved.

- Read this guide and absorb as much of the information as you can
- Put the guide somewhere you can find it easily: in your bag, pocket or attached to your fridge
- Keep a well-stocked first aid kit in your home and car
- Watch our first aid videos at sja.org.uk



Make sure you always have lifesaving knowledge at your fingertips.

Download our free first aid app from your app store today. Search 'St John Ambulance'.

For more information on what we do and how you can donate to support our work visit sja.org.uk

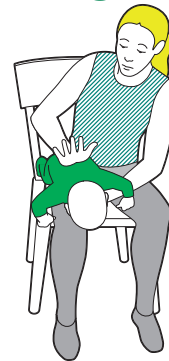
How to hold your baby in the recovery position

1. Cradle them in your arms, with their head tilted downwards
2. Call 999/112 for emergency help
3. Monitor their breathing and level of response.



What to do if a baby is choking

1. **Slap it out**
 - Lay the baby face down along your thigh and support their head
 - Give up to 5 back blows between their shoulder blades
 - Turn them over and check their mouth each time



2. Squeeze it out

- Using two fingers, give up to 5 sharp chest thrusts
- Check the mouth each time



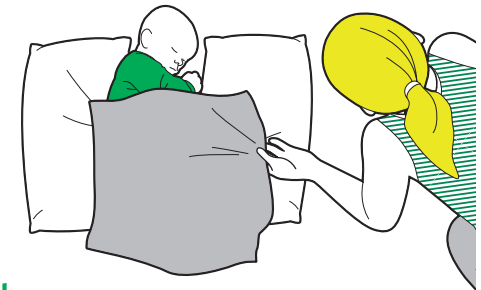
3. Call 999/112 for emergency help

- Take the baby with you to the call
- Repeat the steps 1 and 2 until help arrives.



What to do if your baby is having a seizure

1. Clear objects that may cause your baby injury
2. Put soft padding around them
 - Do not restrain them
3. Cool them
 - Remove layers of clothing
4. When the seizure has stopped, put them in the recovery position
5. Call 999/112 for emergency help
 - When the seizure has stopped, put them in the recovery position while you wait.



How to treat a baby with a minor burn or scald

1. Hold burn under cool running water for at least 10 minutes
2. Remove clothing unless stuck to the burn
3. Cover lengthways with cling film
4. Monitor baby and seek medical advice.

