WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING NORMALLY

1. **Call 999/112 for emergency help**
   - If you’re alone, give one minute of CPR before calling on a speaker phone

2. **Breathe**
   - Open the airway
   - 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.

Learn first aid. Help save lives. Be the difference.

More life saving techniques and videos can be found on our website.

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