

# FIVE WAYS YOU CAN SAVE YOUR BABY'S LIFE

## WHAT TO DO IF YOUR BABY IS CHOKING

### 1. Check their mouth

### 2. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Up to five blows between their shoulder blades.



### 3. Squeeze it out

- > Using two fingers, give up to five chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call for an ambulance.



## WHAT TO DO IF YOUR BABY IS UNCONSCIOUS

### 1. Check for a response

- > Tap their foot and call their name.



### 2. Open their airway

- > Gently tilt the head back.



### 3. Check for breathing



### 4. If they are breathing

- > Hold them in the recovery position (see below).

### If they are not breathing

- > Begin CPR.

## WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING

If your baby is unconscious and they are not breathing, follow these steps to perform CPR.

### 1. Call for an ambulance

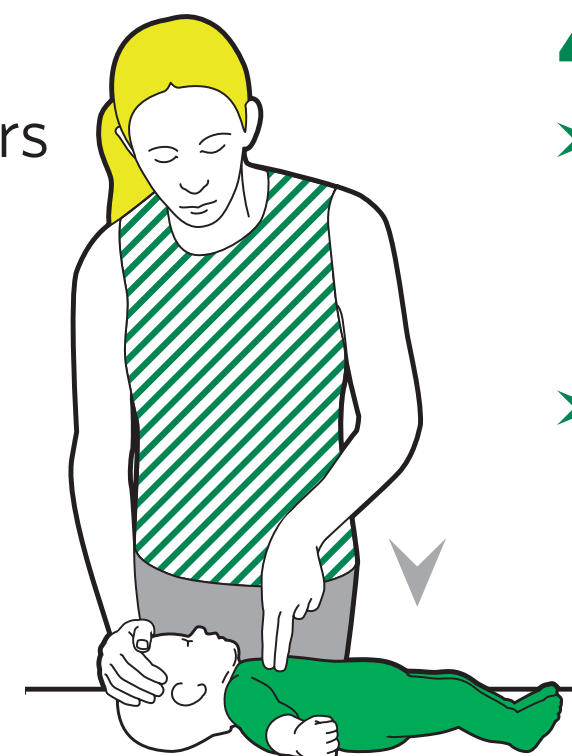
### 2. Breathe

- > 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.

## WHAT TO DO IF YOUR BABY HAS A SEIZURE (FIT)

Make it safe

### 1. Clear objects that may cause injury

### 2. Don't try to restrain them

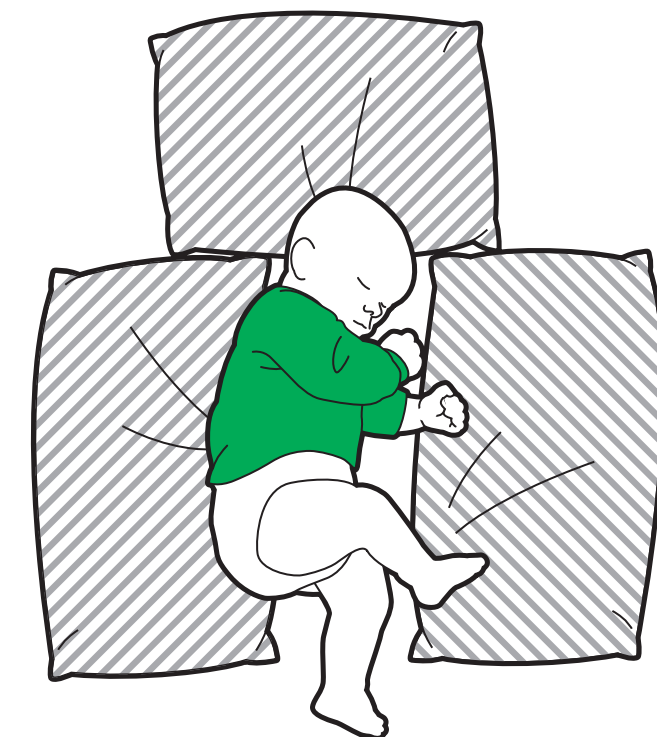
- > Put pillows or soft padding around them.

### 3. Cool them

- > Take away bedding and remove a layer of clothing.

### 4. Call for an ambulance

- > When seizure has stopped, put them in the recovery position while you wait.



## HOW TO HOLD A BABY IN THE RECOVERY POSITION

### 1. Cradle them in your arms, with their head tilted downwards



### 2. Call for an ambulance

### 3. Monitor their breathing, pulse and level of response

Learn first aid.

Help save lives.

Be the difference.