

Infant CPR

Infant CPR is emergency care given to a baby who has stopped breathing. CPR is also called Cardiopulmonary Resuscitation. This sheet has the steps for CPR for newborns or babies less than 1 year old.

What You Need To Know

- CPR is a way of giving rescue breaths and chest compressions that keeps oxygen flowing in the body. Your body needs oxygen to live.
- While your baby is in the hospital, there may have been times when he or she stopped breathing. This is called **apnea**. It is possible that your baby may have apnea at home, especially if your baby was premature.
- Become familiar with normal breathing. Babies sometimes breathe slower and shallower when sleeping.
- CPR is one tool to protect the health of your baby. You should also keep emergency phone numbers where you can find them easily. Include numbers for 911, ambulance, hospital and your baby's doctor.
- Anyone can take a class to learn CPR. Adults who give care to babies or children should take a CPR class. Contact the Red Cross at www.redcross.org or American Heart Association at www.americanheart.org for classes.

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Learn more about your health care.

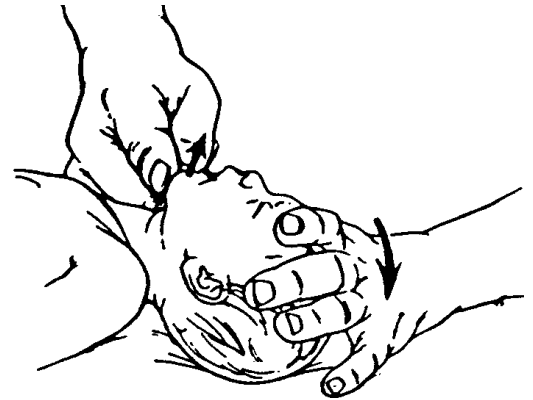
How To Do Infant CPR

1. Check your baby.

- Look at your baby's color. Bluish skin color means oxygen is not reaching the tissues.
- If your baby does not seem to be breathing, **stimulate the baby**.
 - ▶ Rub the baby's back or flick the bottom of the baby's foot to make him or her cry. This may be all you need to do.
 - ▶ Put your baby on his or her back on a firm surface to support the head and neck. You may hold the baby so your arm supports the baby's back or place the baby on a table or counter top.

2. Open the airway.

- Lift the chin up gently with one hand. This tilts the head back into a neutral position.



3. Check for breathing.

- Put your ear close to the baby's nose and mouth.
 - ▶ **Look** at the chest for movement.
 - ▶ **Listen** for breathing from the nose and mouth.
 - ▶ **Feel** for breaths on your ear.



4. Give 2 breaths, if not breathing.

- Maintain chin lift. Cover the baby's nose and mouth with your mouth. Give **2** slow breaths. Only give enough breath to raise the baby's chest.
- Watch for the baby's chest to rise with the air you give. **If it does not**, the airway may be obstructed or the airway may need to be positioned again. **Reposition the baby's head and give 1 more breath.**
- Take your mouth away from the baby's between each breath so the baby can breathe out (exhale).



5. Check for signs of response.

- **If baby has no sign of response**, there is no breathing or you are not sure, begin chest compressions.
- **If baby is breathing** on his or her own, **do not give chest compressions.**

6. Begin chest compressions.

- Use 2 fingers to press down on the chest $\frac{1}{3}$ to $\frac{1}{2}$ of the chest depth. **Do this 30 times quickly.**
- **After 30 compressions, give 2 breaths. Repeat this cycle checking for signs of breathing.**
- Stop CPR when the baby shows signs of breathing on his or her own or when help arrives.



7. Call for help.

- If you are alone when you start CPR, continue for **2 minutes**.
- **After 2 minutes, stop CPR long enough to call 911.** Take the baby with you.
- Restart CPR. Continue CPR until the baby starts breathing or until help arrives.

If Baby is Choking

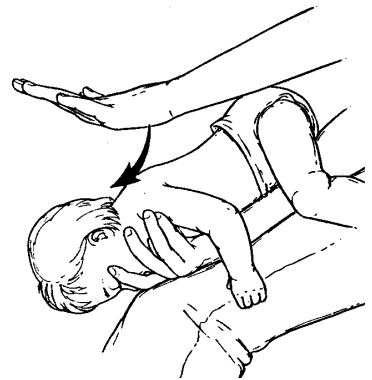
If the baby is choking, you will need to do something to remove the object that is blocking the airway. **Do not use if the baby is crying or coughing forcefully. This alone may remove the object.**

1. Position baby.

- Place baby face down on your forearm or lap. Make sure to support the head and neck.
- Baby's head should be lower than the body.

2. Give 5 back slaps.

- Give 5 firm back slaps between the shoulder blades with heel of your free hand.
- If the object is dislodged from the airway and visible in the baby's mouth, remove it.
- **If object is dislodged from airway, check to see if baby is breathing on his or her own. If not breathing, start CPR.**



3. Give 5 chest thrusts if object is not dislodged.

- Turn baby face up on your arm or lap. Support the head and neck.
- Use **2 fingers** on your free hand to give **5 chest thrusts quickly** pressing $\frac{1}{3}$ to $\frac{1}{2}$ the way down on the breastbone just below the nipples.
- Check for breathing after chest thrusts.



4. Repeat cycle.

- Repeat the cycle of 5 back slaps and 5 chest thrusts until the object is dislodged from the airway or the baby loses consciousness.
- **If baby loses consciousness, start CPR.**

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**