

WHAT TO DO IF YOUR CHILD IS CHOKING

1. Stand, kneel or crouch behind your child
2. Place the fist of one hand just above the child's belly button and place your other hand on top of your fist
3. Give firm upward thrusts into your child's abdomen
4. Keep doing abdominal thrusts until the child spits up the object or becomes unresponsive.
5. If your child becomes unresponsive start CPR and call 911



You can find local CPR & First Aid classes as well as First Aid or Safety products at www.coastalcpr.com

Look for ways to Stop Reacting and Start Responding with your child at www.proactiveparenting.net



Brought to you by Coastal CPR & First Aid and Proactive Parenting