

WHAT TO DO IF YOUR INFANT IS CHOKING

1. Support baby's head and neck with your hand and lay baby face down across your lap.
2. Give 5 forceful back slaps between baby's shoulders
3. Support baby's head and neck and place baby face up on your lap
4. Give 5 chest thrusts in the center of the chest
5. Keep switching between back slaps and chest thrust until baby spits up the object or becomes unresponsive.
6. If baby 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