

They will be able to reassure you and give you advice if you need it.

Contacting us

Resuscitation Training Officers at the Royal Berkshire Hospital, tel: **0118 322 8951**, Monday to Friday 8am-4pm. Email: **Resustraining@royalberkshire.nhs.uk**

Remember

1. Check for **DANGER**
2. Check for a **RESPONSE**
3. **SHOUT** for help
4. Open the **AIRWAY**
5. Look, listen, feel for **BREATHING**
6. Perform 5 rescue **BREATHS**
7. Assess for signs of life
8. Start **COMPRESSIONS**
(**30** compressions to **2** breaths)
9. **If no help arrives, dial 999**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Resus Team, June 2006
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Royal Berkshire
NHS Foundation Trust

Basic life support for babies

Information for parents

This leaflet is for parents who have received training in basic life support by hospital or community staff. It will be given to you to keep in a safe place. You should read through it from time to time to remind yourself of its contents.

You can get further information from the hospital Resuscitation Training Officers at or from your doctor, health visitor, or community nurse.

What to do

If you think your baby may have stopped breathing, use the following guidelines to help you.

- 1. DANGER.** Stay Calm. Make sure it is safe to approach the baby.
- 2. Check for a RESPONSE.** Say the baby's name and gently stimulate by tickling them or moving arms or legs. If the baby does not move or respond, then:
- 3. SHOUT for help.**
- 4. AIRWAY.** Look in baby's mouth, if filled with fluid or vomit turn the baby onto his/her side to drain fluid.
(Do not put your fingers in baby's mouth because their airway is very delicate.)

- 5. Open AIRWAY.** Gently lift the chin until the baby's face looks at the ceiling, with your finger on the bony part of the chin and your other hand on their head.



- 6. BREATHING.** Put your face close to the baby's and **LOOK** for chest rising, **LISTEN** for breath sounds and **FEEL** for breaths. Do this for no longer than **10 seconds**.



- 7. Rescue BREATHS.** If **NOT** breathing or not breathing normally, give **5 gentle breaths**. Seal your mouth over baby's mouth and nose and blow very gently until chest rises.

- 8.** If baby shows no signs of life during rescue breaths (this is where the baby does not breathe for themselves) then start **CHEST COMPRESSIONS**.



- 9. Start COMPRESSIONS:** Ratio of **30** compressions to **2** breaths.
Place 2 fingers on the breast bone, 1 finger's-breadth below the nipple line. Press down to one third the total depth of baby's chest, at a rate of 100 – 120 times per minute, (a little under 2 a second).
DO THIS FOR ONE MINUTE.
If no help arrives, take baby with you and **dial 999** for an ambulance. Tell them your baby is not breathing.
- 10. CONTINUE TO BREATHE FOR THE BABY AND DO CHEST COMPRESSIONS.** The ambulance control will stay on the phone to support you once you have contacted them.