

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](mailto: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 rescue **BREATHS**
7. Assess for signs of life
8. Start **COMPRESSIONS**  
(**30** compressions to **2** breaths)
9. **Dial 999 – Call for help early.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Resus Team, June 2006  
Reviewed: August 2022  
Next review due: August 2024



Royal Berkshire  
NHS Foundation Trust

# Basic life support for children

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 child may have stopped breathing, use the following guidelines to help you.

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

- 5. Open AIRWAY.** Gently lift the chin until the as if the child is sniffing the air.



Look, Listen, and Feel for Breathing

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



Blow In Air

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

- 8. Assess the CIRCULATION.** You can tell by looking to see if there are any 'signs of life'. Signs of life are colour (whether it is normal or not), warmth (is the child warm or cool) and movement (are they moving, coughing?).



Chest Compression for a Child

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