

Help a Choking Infant up to 1 Year Old

If your infant is awake, but your baby cannot cough, cry, or breathe and is turning blue:

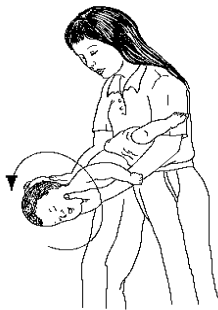
- Sandwich your baby between your two arms
- Keep your baby's head pointing down to the floor
- Support your baby's head by holding the jaw

1. **Give 5 back blows** between shoulders with the heel of your hand.
2. **Turn your baby over.** Keep your baby's head pointing down to the floor while you turn your baby.
3. **Give 5 chest thrusts.** Put 2 fingers in the center of the chest, below the nipple line.

Repeat steps until your baby passes out or object comes out.



Step 1:
5 back blows



Step 2:
turn baby over



Step 3:
5 chest thrusts

If your infant chokes and becomes unconscious:

If your infant choked, passed out and cannot breathe, you need to do **CPR** (cardiopulmonary resuscitation). If someone is with you, have him or her call 911. Before starting CPR, put your infant on a hard surface.

Start CPR

1. Put 2 fingers of one hand just below the nipple line. Do not put your fingers over the very bottom of the breastbone.
 - Push chest down 1-1½ inches.
 - **Give 30 chest pushes. Push hard and fast.**
 - After each push, let the chest go back to the normal position.



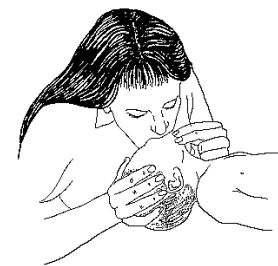
Give 30 chest pushes.

2. **Check baby's mouth for an object.**
 - If you see an object, take it out of your infant's mouth.
 - If you do not see an object, do not put your fingers in your infant's mouth.



Check baby's mouth for object

3. **Give 2 breaths, each lasting one second.**
 - Keep giving sets of 30 chest pushes to 2 breaths.
 - Look in your infant's mouth for an object every time you open the airway to give breaths.



Give 2 breaths, each lasting 1 second.

If alone, call **911 or EMS** after 5 sets of 30 pushes and 2 breaths.

After you call, keep giving CPR in sets of 30 pushes and 2 breaths until your infant moves or help takes over.

Now that you've read this:

- Show your nurse or doctor on a doll how you would help a choking infant that is awake. (Check when done.)
- Show your nurse or doctor on a doll how you would help a choking infant who becomes unconscious. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: @emilycenter
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

#392 Draft in Family Review
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Illustrated by Dennis Swain and Irene Takamizu

Help a Choking Infant up to 1 Year Old

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!