

## Information for Parents

# First Aid Cardiopulmonary Resuscitation (CPR) for babies discharged from NICU

If an infant is not breathing give one minute of CPR then call an ambulance. If another person is present ask them to call an ambulance straight away.

### Step 1 – A (Airway)

- Firstly we need to think about the **AIRWAY**.
- Open the airway by placing one hand on the forehead and your forefinger under the chin to lift it up.
- Remove any visible obstructions from the mouth and nose.



### Step 2 – B (Breathing)

- Secondly we need to think about the **BREATHING**.
- Place your mouth over the mouth and nose of the baby and – by blowing steadily – attempt five initial rescue breaths.
- At this point if there is no response and you are on your own pick the baby up and telephone for an ambulance.



### Step 3 – C (Circulation)

- Thirdly we need to think about the **CIRCULATION**.
- Place two fingers in the middle of the chest just under the breastbone.
- After 3 chest compressions, give one rescue breath.
- Carry on for one minute and if there is still no response continue with this sequence until help arrives.

