This guide should be used in an emergency if your baby appears not to be breathing.

Check whether your baby responds to gentle stimulation.

If no response, shout for help and for someone to dial 999. If you are alone, take your baby to the phone and dial 999 yourself.

Position your baby on his/her back on a flat, hard surface and start Basic Life Support using the ABC of Resuscitation.
ABC of Resuscitation

A  Airway

Keep the airway open

Look for any obvious foreign material in your baby’s mouth. If you can see anything, turn your baby over and give five firm taps on the back with the heel of your hand.

To open the airway, gently tilt back your baby’s head and lift the chin. Do not tilt the head too far back.

B  Breathing

If your baby is not breathing, start mouth to mouth breathing

Is your baby breathing on their own? Check by looking, listening and feeling for no more than 10 seconds:

LOOK at the chest and abdomen for movement

LISTEN over the mouth for breath sounds

FEEL with your cheek, over your baby’s mouth for air

If there are no signs of breathing in 10 seconds, start mouth to mouth breathing:

Keep the airway open as described above.

Cover your baby’s mouth and nose with your mouth ensuring there is a good seal.

Gently blow into the lungs until the chest rises and falls. Take a fresh breath each time before giving these breaths. Do this 5 times.

Reassess the breathing. If your baby is breathing, turn them onto their side and wait for help. If your baby is still not breathing, continue as follows.
This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at Pals@lwh.nhs.uk

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