

Information Leaflet



Liverpool Women's
NHS Foundation Trust

A parent's guide to basic infant resuscitation.

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

What to do

- Check whether your baby responds to gentle stimulation.
- If you find that your baby is unresponsive and not breathing, you should shout for help and ask your help 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.

A – Airway

Keep the airway open.



To open the airway, place one hand on your baby's forehead and very gently tilt their head back. With your other hand, use your fingertip to gently lift the chin.

Look for any obvious foreign material in your baby's mouth. If you can see anything, turn your baby over and give 5 firm taps in the back with the heel of your hand.

B – Breathing



Is your baby breathing? 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 your baby is not breathing, start mouth to mouth breathing.

Give 5 initial puffs. Take a breath in and put your mouth around your baby's mouth and nose to create a seal and blow gently and steadily for up to 1 second. The chest should rise. Take a fresh breath and continue this for 5 breaths.

- If their chest does not rise check the airway is open.

Reassess the breathing. If your baby is breathing, turn them onto their side and wait for help to arrive. If your baby is not breathing, continue as follows.

C – Circulation



With the tips of two fingers on the lower half of the breastbone, apply gentle but firm pressure to push it down by about 1 inch. Repeat this quickly 30 times, and then give 2 breaths (covering mouth and nose with your mouth as described above).

Continue alternating between giving 30 cardiac compressions and 2 breaths.

Check for signs of breathing and circulation until the ambulance arrives, or your baby starts breathing for itself.

This leaflet can be made available in different 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 via email at pals@lwh.nhs.uk

Liverpool Women's NHS Foundation Trust
Crown Street
Liverpool
L8 7SS
Tel: 0151 708 9988
Ref: Neo_2023-7-v2
Issue Date: 01/03/2015
Review Date: 03/04/2026
© Liverpool Women's NHS Foundation Trust