

# Ask me what to do if your baby has stopped breathing normally

## 1. Call 999/112 for emergency help

- If you're alone, give one minute of CPR before calling on a speaker phone.

## 2. Breathe

- Open the airway.
- Put your lips around their mouth and nose and blow steadily for up to one second.
- Give five initial rescue breaths.



## 3. Pump

- Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute.

## 4. Repeat

- Give two rescue breaths followed by 30 chest compressions.
- Continue CPR until help arrives.

