



# *Infant* CARDIO-PULMONARY RESUSCITATION

This brochure is part of a program on infant cardio-pulmonary resuscitation (CPR).\* After reading this brochure, seeing a demonstration and practicing CPR on an infant mannequin, you will be able to do CPR on your baby in the event of an emergency. The nurses will guide your learning and answer any questions you may have.

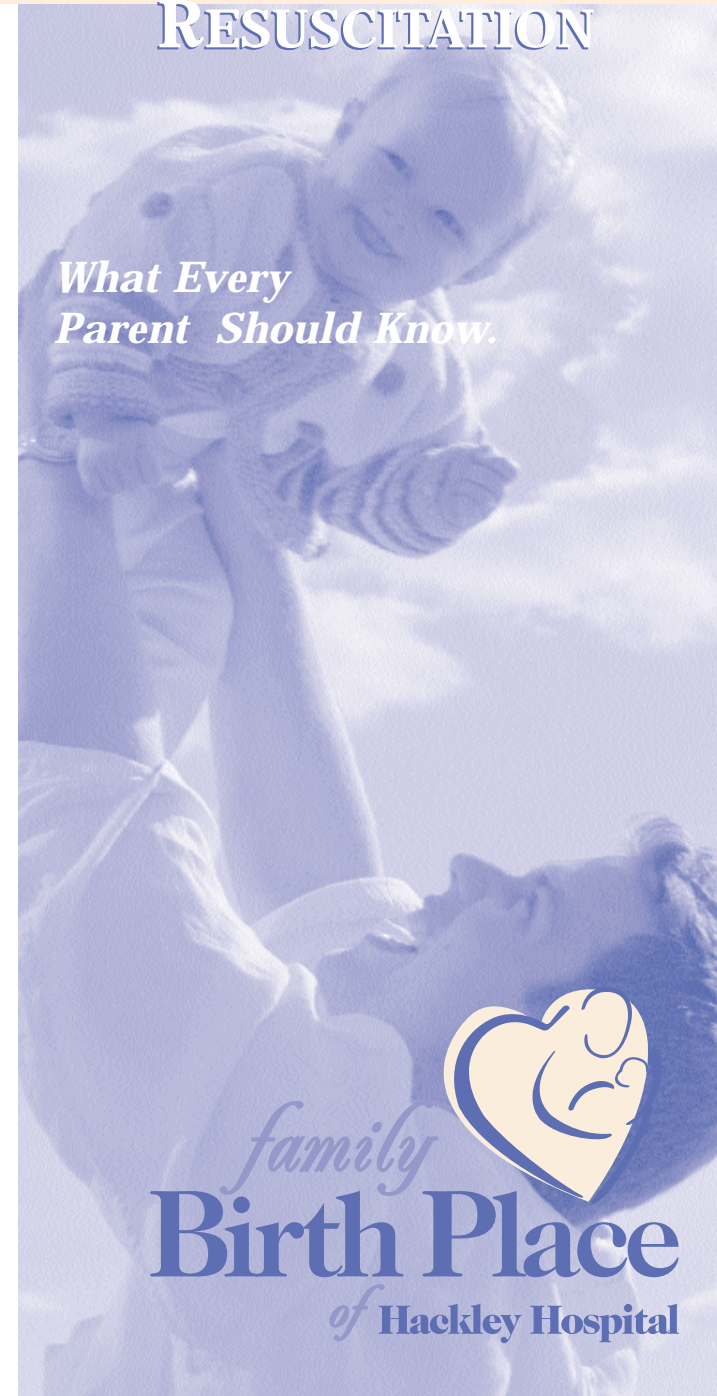
## After reading this brochure, you will be familiar with:

- The ABCs of cardio-pulmonary resuscitation.
- Finding your baby's pulse.
- Effective use of a bulb syringe.
- Steps to take to maintain your baby's life until help arrives.

The more you practice the ABCs, the easier CPR will be.

Make sure you practice on the infant mannequin before your baby goes home. A video is also available for you to view.

\*You may request this program from your nurse.



## *What Every Parent Should Know.*

## Checkpoints

*If you notice a problem with your baby and assistance is available, yell for help immediately. Tap on the child and speak loudly. This may awaken the child and correct the problem. If your baby's breathing has stopped, you must follow the ABCs of cardio-pulmonary resuscitation.*



1700 Clinton St. 231.726.3511 phone  
Muskegon, MI 800.825.4677 toll-free  
49442 www.hackley.org



# Hackley Hospital Infant Cardio-Pulmonary Resuscitation

## A – Airway

Position your baby to open the airway by using the Sniffing Position: head tilted back and chin lifted.

- Look for breathing movements.
- Observe skin color.
- Listen for breathing.
- Feel for an air exchange for 3 to 5 seconds.

## B – Breathing

Fill your baby's lungs with air by breathing the air from your lungs into your baby's nose and mouth.

### Step One:

Seal your baby's mouth and nose with your mouth. If you are unable to get a seal, pinch the nose firmly and cover only your baby's mouth.

### Step Two:

Give two puffs of air. Note: a puff is the amount of air you can hold in your cheeks or to the back of your mouth. Continue to breathe at the rate of one puff every three seconds–20 per minute. Continue this for one minute and then call 911 or your emergency medical services.

### Step Three:

If there is no chest movement, readjust your baby's head position and repeat Step One and Step Two.

### Step Four:

If there is still no chest movement, proceed to "Obstructed Breathing."

## C – Circulation

### Step One:

Check your baby's pulse by using your fingers. Feel at the inside of the upper arm, between the elbow and shoulder for five to ten seconds. The pulse you are checking is known as the brachial pulse.

### Step Two:

If there is a pulse, continue with puffs of air at the rate of one breath every three seconds–20 per minute. If there is no pulse, place your baby on a firm surface and begin chest compressions.

Find the correct hand position by placing two fingers on the breastbone (sternum) one finger's width below the nipple line. Begin chest compressions by pressing down one-half to one inch. Press down at the rate of five compressions for every one breath.

Pressing down will move blood from the heart to the lungs, where it will pick up oxygen from the air you breathed into your baby's lungs.

Continue CPR for one minute and call 911 or your emergency medical services if you have not already done so. If appropriate, make another attempt to yell for help.

## Call 911

## Using a Bulb Syringe

If mucus or other secretions are obviously hindering your baby's breathing, you may be able to clear the airway with a bulb syringe.

### Step One:

Squeeze the bulb syringe.

### Step Two:

With the bulb depressed, place the tip of the syringe in your baby's mouth.

### Step Three:

Relax your fingers slowly to remove any secretions.

### Step Four:

Repeat these steps for both nostrils.

## Obstructed Breathing

If your baby's breathing is blocked, follow these steps to open up the airways.

### Step One:

Support your baby's head and neck with one hand while placing the infant face down, head lower than the body, over your forearm.

### Step Two:

Deliver five blows (one second apart) between your baby's shoulder blades with the heel of your hand.

### Step Three:

While supporting the head and neck, turn your baby on its back.

### Step Four:

Deliver five chest thrusts by placing two fingers on the breastbone, one finger's width below the nipple line, and pressing firmly down one-half to one inch.

### Step Five:

Check your baby's mouth for foreign objects. Do not place your finger in the baby's mouth unless you see the object.

### Step Six:

Repeat the breathing steps as outlined under "B–Breathing."

If help does not arrive, continue CPR and move with the baby toward the telephone or to another source for help. After any incident requiring CPR, take your baby immediately to be checked by a physician.

This information covers only infant CPR and does not provide certification. We strongly recommend that you take a CPR course from an approved agency.

Call 231.727.4200 to check on the availability of Infant CPR classes through The Family Birth Place of Hackley Hospital.