

TODDLER CPR

If your child isn't breathing, appears unconscious or unresponsive and can't be roused by tapping her feet and calling her name, give her 2 minutes of CPR (5 cycles of breathing and compressions) before calling 911.

1. OPEN AIRWAY

Check your child's mouth for foreign objects by looking inside mouth.

Remove any lodged object by turning child on her side, running a finger along the inside of her cheek and behind the object, sweeping out the object with a finger.

Lay your child on her back on a firm surface.

Tilt her head back and lift her chin.

Check for movement and breathing.



2. IF CHILD ISN'T BREATHING...

Seal your mouth over her open mouth and pinch her nose shut.

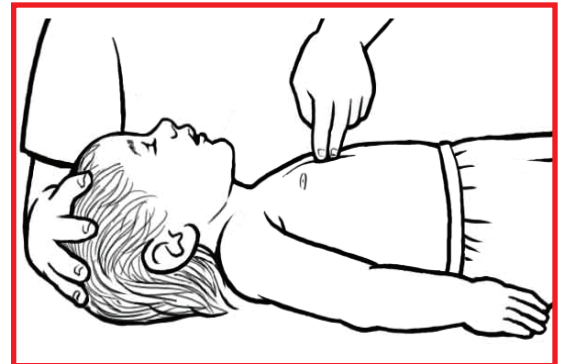
Give two rescue breaths about 1 second long and watch to see if her chest rises.

Allow air to escape between breaths.



3. DEPENDING ON CHILD'S RESPONSE...

to the rescue breaths, follow steps in one of the categories below.



A. IF CHEST DOESN'T RISE...

Retilt child's head and give two more breaths.

If the chest still doesn't rise:

Check for a blocked airway.

Remove all clothing from child's upper body.

Place the heel of one hand on child's sternum (breastbone) between the nipples on the center line of the chest.

Give 30 chest compressions(2 per second) by pushing straight down, 1/3 to 1/2 the depth of the chest and allowing the chest to rise between compressions.

Repeat cycle of 30 chest compressions, object check and 2 breaths until air goes in and chest rises.

If the child vomits during CPR, turn her on her side and clear her mouth with a finger sweep.

Continue CPR cycles until help arrives or child is breathing on her own.

B. IF CHEST RISES...

Check for pulse on the inside of upper arm.

If you can feel a pulse, but your child still isn't breathing:

Continue giving 1 breath per second, removing mouth between breaths.

Check pulse after 2 minutes.

IF THERE IS NO PULSE OR SIGNS OF LIFE, tilt child's head back with one hand to open airway.

Give 30 chest compressions followed by 2 breaths.

Repeat 30 compressions and 2 breaths until you see signs of life or help arrives.