

They will be able to reassure you and give you advice if you need it.

### Contacting us

Resuscitation Training Officers at the Royal Berkshire Hospital, tel: **0118 322 8951**,  
Monday to Friday 8am-4pm. Email:  
**Resustraining@royalberkshire.nhs.uk**

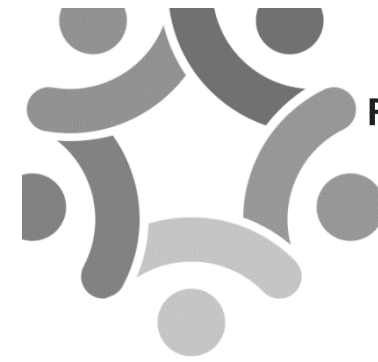
### Remember

1. Check for **DANGER**
2. Check for a **RESPONSE**
3. **SHOUT** for help
4. Open the **AIRWAY**
5. Look, listen, feel for **BREATHING**
6. Perform 5 rescue **BREATHS**
7. Assess for signs of life
8. Start **COMPRESSIONS**  
(**30** compressions to **2** breaths)
9. **If no help arrives, dial 999**

To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Resus Team, June 2006  
Reviewed: August 2024  
Next review due: August 2026



**NHS**

Royal Berkshire  
NHS Foundation Trust

# Basic life support for babies

Information for parents

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**This leaflet is for parents who have received training in basic life support by hospital or community staff. It will be given to you to keep in a safe place. You should read through it from time to time to remind yourself of its contents.**

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You can get further information from the hospital Resuscitation Training Officers, or from your doctor, health visitor, or community nurse.

### **What to do**

If you think your baby may have stopped breathing, use the following guidelines to help you.

- 1. DANGER.** Stay Calm. Make sure it is safe to approach the baby.
- 2. Check for a RESPONSE.** Say the baby's name and gently stimulate by tickling them or moving arms or legs. If the baby does not move or respond, then:
- 3. SHOUT for help.**
- 4. AIRWAY.** Look in baby's mouth, if filled with fluid or vomit turn the baby onto his/her side to drain fluid.  
(Do not put your fingers in baby's mouth because their airway is very delicate.)

- 5. Open AIRWAY.** Gently lift the chin until the baby's face looks at the ceiling, with your finger on the bony part of the chin and your other hand on their head.



- 6. BREATHING.** Put your face close to the baby's and **LOOK** for chest rising, **LISTEN** for breath sounds and **FEEL** for breaths. Do this for no longer than **10 seconds**.



- 7. Rescue BREATHS.** If **NOT** breathing or not breathing normally, give **5 gentle breaths**. Seal your mouth over baby's mouth and nose and blow very gently until chest rises.

- 8.** If baby shows no signs of life during rescue breaths (this is where the baby does not breathe for themselves) then start **CHEST COMPRESSIONS**.



- 9. Start COMPRESSIONS:** Ratio of **30** compressions to **2** breaths.  
Place 2 fingers on the breast bone, 1 finger's-breadth below the nipple line. Press down to one third the total depth of baby's chest, at a rate of 100 – 120 times per minute, (a little under 2 a second).  
**DO THIS FOR ONE MINUTE.**  
If no help arrives, take baby with you and **dial 999** for an ambulance. Tell them your baby is not breathing.
- 10. CONTINUE TO BREATHE FOR THE BABY AND DO CHEST COMPRESSIONS.** The ambulance control will stay on the phone to support you once you have contacted them.