

# PUSH

MAMA CARE

INFANT + CHILD CPR

## CPR + CHOKING

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### emergency pocket guide

If child or infant is **unresponsive + not breathing**

● **lay them on a hard flat surface**

● **30 compressions** 100-120 per minute

Push hard and Push Fast **in the center of the chest.**

● **2 rescue breaths**

**Tilt the head back and lift the chin to open their airway.** Plug the nose and blow into the mouth causing the chest to rise.

**Repeat until child starts breathing or help arrives.**

## ● 5 back blows

Place the infant over your forearm and perform 5 back blows **between the infant's shoulder blades with the heel of your hand**. Support their head and neck with your hand as they are tilted downwards.

## ● 5 chest thrusts

Flip the infant over and perform 5 chest thrusts by **pressing in the center of the chest below the nipples with 2 fingers**.



If at any time the infant **STOPS** breathing call **911** and begin **CPR**.

## ● 5 back blows

Kneel down behind the child, bend them over at the waist. Perform 5 back blows **between the child's shoulder blades with the heel of your hand**.

## ● 5 abdominal thrusts

Heimlich Maneuver

**Make a fist with one hand and place it just above the belly button**. Grasp the fist with the other hand and press into the abdomen with a quick, upward thrust.

Alternate between 5 blows and 5 thrusts **until the item is dislodged**.