

# Choking Baby



1. Sit or kneel with the baby face down along your forearm, holding the jaw in your hand but keeping the mouth clear.
2. Deliver 5 firm back blows.



# Choking Baby (cont.)



3. If the object does not come out, flip the baby face up, ensuring you support the head.



# Choking Baby (cont.)



4. Place 2 fingers in the middle of the chest and deliver 5 firm chest compressions.
5. Repeat the back blows and chest compressions until the object comes out or the baby begins to breath normally or cry.
6. If the baby becomes unresponsive, immediately begin CPR, starting with chest compressions.

