What is CPR?
- CPR is done when an infant is not breathing (respiratory arrest) and their heart has stopped beating (cardiac arrest). Infant CPR should be used on infants who are less than one year old.

Why would an infant need CPR?
- SIDS (Sudden Infant Death Syndrome)
- Choking, suffocation, and strangulation
- Drowning
- Injuries
- Poisoning
- Infection
- Heart disease, brain disease or medical conditions that affect breathing

What should I do first when I find an infant who looks unresponsive?
- Make sure the scene is safe for you and the infant.
- Tap the infant’s foot and shout, “Are you OK?” to see if the infant responds.
- NEVER shake an infant.
- If the infant does not respond, yell for help.
  - If someone comes, send that person to phone 911.
  - If no one comes, stay with the infant and begin CPR.

How do I give CPR to an infant?
By following the “ABC’s,” you can remember the steps to use when giving CPR. The letter “A” stands for airway, “B” stands for breathing, and “C” stands for circulation.
- **Airway**
  - Open the airway by tilting the infant’s head and lifting the chin. When tilting an infant’s head, do not push it back too far because this may block the infant’s airway.
  - Put your fingers on the bony part of the infant’s chin and lift. Do not press the soft part of the neck or under the chin.
  - If you give an infant a breath and it does not go in, you will need to re-open the airway by tilting the head and lifting the chin before giving the second breath.
- **Breathing** - breaths are very important for infants who are not breathing or do not respond. Your breaths give an infant air when the infant cannot breathe on their own.
  - Check to see if the infant is breathing.
    - Look to see if the chest rises.
    - Listen for breaths.
    - Feel for breaths on your cheek.
  - If the infant is not breathing, give two breaths. Take a normal breath. Cover the infant’s mouth and nose with your mouth. Give two breaths (blow for one second each). Watch for chest rise as you give each breath.
• If your mouth is too small to cover the infant’s mouth and nose, put your mouth over the infant’s nose and give breaths through the infant’s nose. (You may need to hold the infant’s mouth closed to stop air from coming out of the mouth).

• Circulation – when an infant’s heart is not beating, compressions (pushing on the chest) are very important. The compressions pump blood to the brain and heart. Follow these steps to do CPR on an infant:
  o Place the infant on a firm, flat surface.
  o Quickly move or open clothes from the front of the chest that will get in the way.
  o Put two fingers of one hand just below the nipple line. Do not put your fingers over the very bottom of the breastbone.
  o Compress the chest 30 times at a rate of 100 a minute and then give two breaths.
    ▪ Press the infant’s chest straight down ⅓ to ½ the depth of the chest. Push hard and fast.
    ▪ After each compression, release pressure on the chest to let it come back to its normal position.
    ▪ Try not to interrupt compressions for more than a few seconds.
  o After five sets of 30 compressions and two breaths (about two minutes), if someone has not done this, phone 911.
    ▪ If the infant is not injured and you are alone, you may carry the infant with you to phone 911.
  o After you answer all of the dispatcher’s questions, continue giving sets of 30 compressions and two breaths until the infant starts to move or trained help takes over.

When do I stop doing CPR on an infant?
• When someone else that knows CPR or trained caregivers show up to take over for you.
• If you are exhausted and unable to continue.
• If the scene suddenly becomes unsafe, such as in the start of a fire.
• If the infant starts breathing and moving.

How do I help a choking infant?
• When an infant is choking and suddenly cannot breathe or make any sounds, you must act quickly to help get the object out by using back slaps and chest thrusts.
  • Hold the infant facedown on your forearm. Support the infant’s head and jaw with your hand. Sit or kneel and rest your arm on your lap or thigh.
  • Give up to five back slaps with the heel of your free hand between the infant’s shoulder blades.
  • If the object does not come out after five back slaps, turn the infant onto his back. Move or open the clothes from the front of the infant’s chest only if you can do so quickly. You can push on the chest through clothes if you need to.
    ▪ DO NOT give thrusts on an infant’s belly because this could injure an infant.
  • Give up to five chest thrusts using two fingers of your free hand to push on the chest in the same place you push during CPR.
    ▪ Support the head and neck.
    ▪ Hold the infant with one hand and arm, resting your arm on your lap or thigh.
• Repeat giving five back slaps and five chest thrusts until the object comes out and the infant can breathe, cough, or cry or until the infant stops responding.

When do I stop back slaps and chest thrusts?
• The object comes out.
• The infant begins to breathe, cough, or cry.
• The infant stops responding.

What do I do if a choking infant stops responding?
• Yell for help. If someone comes, send that person to phone 911. Stay with the infant to start the steps of CPR.
• Place the infant on a firm, flat surface. If possible, place the infant on a surface above the ground, such as a table.
• Continue the steps of CPR.
• Every time you open the airway to give breaths, open the infant’s mouth wide and look for the object. If you see an object, remove it with your fingers. If you do not see an object, keep giving sets of 30 compressions and two breaths. Continue CPR until the infant starts to move or trained help takes over.

References:
American Heart Association (2006). Family and Friends CPR.