

CPR for Babies and Children



Highlights

CPR is a life-saving technique that involves chest compressions and mouth-to-mouth rescue breaths.

Always call for an ambulance before starting CPR.

Continue CPR until emergency medical services arrive.

The recommended CPR cycle is 30 chest compressions followed by 2 rescue breaths.

An AED should be used if available, but not for infants under 1 year of age.

In This Article

Understanding CPR

When Should You Perform CPR?

Step-by-Step Guide to Performing CPR

Helpful Resources and Support

Understanding CPR

CPR is short for cardiopulmonary resuscitation.

If a child stops breathing normally or their heart stops, doing CPR can keep

their body going until an ambulance arrives.

When you do CPR, the chest compressions and mouth-to-mouth (rescue breaths) help circulate blood and oxygen in the body.

When Should You Perform CPR?

You should start CPR if a baby or child:

is not moving and does not respond when you call them or tap their foot
is not breathing normally

Start CPR as soon as possible. Try to stay calm. CPR can save a child's life.

Step-by-Step Guide to Performing CPR

There are some differences in how to perform CPR and first aid for babies and children compared with adults.

For both adults and children/babies, you will use the same ratio of chest compressions and rescue breaths: 30 chest compressions for every 2 mouth-to-mouth breaths.

Follow these life support steps before starting. (Use the phrase DRS ABC to help you remember the steps.)

Perform 30 Chest Compressions Place the child/baby on their back on a firm surface. For children: Place the heel of one hand in the center of the chest. Put the other hand on top. For babies: Use two fingers to compress the chest instead. Keep arms straight and press down to one-third of the chest depth. Release the pressure-pressing down and releasing counts as one compression.

Place the child/baby on their back on a firm surface.

For children: Place the heel of one hand in the center of the chest. Put the other hand on top.

For babies: Use two fingers to compress the chest instead.

Keep arms straight and press down to one-third of the chest depth.

Release the pressure-pressing down and releasing counts as one compression.

Give Mouth-to-Mouth Breaths Tilt the head back slightly and lift the chin to

open the airway. Open the mouth but avoid touching the neck. Take a breath and cover the child's mouth with yours. Pinch the nostrils shut. For babies, cover both the mouth and nose with your mouth. Blow steadily for about 1 second and watch for the chest to rise. Release and watch for the chest to fall. If the chest does not rise, check for obstructions and ensure a proper seal. Repeat for a total of 2 breaths.

Tilt the head back slightly and lift the chin to open the airway.

Open the mouth but avoid touching the neck.

Take a breath and cover the child's mouth with yours. Pinch the nostrils shut.

For babies, cover both the mouth and nose with your mouth.

Blow steadily for about 1 second and watch for the chest to rise.

Release and watch for the chest to fall.

If the chest does not rise, check for obstructions and ensure a proper seal.

Repeat for a total of 2 breaths.

Continue with the 30:2 CPR Cycle Give 30 chest compressions followed by 2 breaths. Aim for 5 sets of 30:2 in about 2 minutes. Maintain a rate of 100 to 120 compressions per minute.

Give 30 chest compressions followed by 2 breaths.

Aim for 5 sets of 30:2 in about 2 minutes.

Maintain a rate of 100 to 120 compressions per minute.

Use of Defibrillation (AED) If an automatic external defibrillator (AED) is available, attach it and follow the prompts. Do not use an AED on infants under 1 year of age.

If an automatic external defibrillator (AED) is available, attach it and follow the prompts.

Do not use an AED on infants under 1 year of age.

Place the child/baby on their back on a firm surface.

For children: Place the heel of one hand in the center of the chest. Put the other hand on top.

For babies: Use two fingers to compress the chest instead.

Keep arms straight and press down to one-third of the chest depth.

Release the pressure-pressing down and releasing counts as one compression.

Tilt the head back slightly and lift the chin to open the airway.

Open the mouth but avoid touching the neck.

Take a breath and cover the child's mouth with yours. Pinch the nostrils shut.

For babies, cover both the mouth and nose with your mouth.

Blow steadily for about 1 second and watch for the chest to rise.
Release and watch for the chest to fall.
If the chest does not rise, check for obstructions and ensure a proper seal.
Repeat for a total of 2 breaths.

Give 30 chest compressions followed by 2 breaths.
Aim for 5 sets of 30:2 in about 2 minutes.
Maintain a rate of 100 to 120 compressions per minute.

If an automatic external defibrillator (AED) is available, attach it and follow the prompts.
Do not use an AED on infants under 1 year of age.

Tools and Assistance

First Aid Courses: Learning CPR through certified first aid courses is highly recommended. Make sure the course covers CPR and first aid for babies and children.

CPR Fact Sheets: Various organizations provide downloadable fact sheets on CPR techniques that can be referenced in an emergency.

Mobile Applications: Many apps are available that provide real-time guidance for emergency first aid procedures, including CPR.