

Step-by-step instructions for choking child

for children age 1 onset of puberty

Help for a choking child



1 Ask the child, Are you **choking?** If the child can speak or cough, stay with the child and encourage the child to cough. If he or she cannot speak or cough, tell the child you are going to help.



2 Get behind the child. Wrap your arms around him or her, making a fist with one hand, placing the thumb side of your fist slightly between the breastbone and the belly button.



3 Grasping your fist with your **other hand**, give quick upward thrusts into the belly until the object is forced out or until the child stops responding.



4 If the child stops responding, lower the him or her to a firm, flat surface and yell for help. Check for breathing and begin CPR. If the child begins to respond or coughing, stop CPR.