

# FOR CHILDREN 1 TO 8 YEARS OF AGE\*

## CHILD CHOKING

Begin the following if the child is choking and is unable to breathe. However, if the child is coughing, crying, speaking, or able to breathe at all, DO NOT do any of the following, but call the pediatrician for further advice.

### CONSCIOUS

**FIVE QUICK INWARD AND UPWARD THRUSTS** just above the navel and well below the bottom tip of the breastbone and rib cage (modified Heimlich maneuver).



If the child becomes unconscious, begin CPR.

## CHILD CPR (Cardiopulmonary Resuscitation)

To be used when the child is **UNCONSCIOUS** or when breathing stops.

### 1 OPEN AIRWAY

- **Look** for movement of the chest and abdomen.
- **Listen** for sounds of breathing.
- **Feel** for breath on your cheek.
- **Open** airway as shown.
- **Look** for a foreign object in the mouth. **If you can see** an object in the child's mouth, sweep it out carefully with finger. **Do not** try a finger sweep if the object is in the child's throat because it could be pushed further into the throat.



### 2 RESCUE BREATHING

- **Position** head and chin with both hands as shown.
- **Seal** your mouth over child's mouth.
- **Pinch** child's nose.
- **Blow** enough air to make child's chest rise and fall 2 times.



If no rise or fall, repeat 1 & 2. If still no rise or fall, continue with step 3 (below).

### 2A HEALTH CARE PROFESSIONALS ONLY:

- Use abdominal thrusts to try to remove an airway obstruction.
- Continue steps 1, 2, and 2A until the object is retrieved or rescue breaths are effective.
- Assess pulse before starting CPR.

### 3 ASSESS RESPONSE

- Place your ear next to the child's mouth and look, listen, and feel for **normal breathing** or coughing.
- Look for **body movement**.

If you cannot see, hear, or feel signs of normal breathing, coughing, or movement, start chest compressions.



### 4 CHEST COMPRESSIONS

- **Compress** chest 1" to 1½"
- **Alternate** 5 compressions with 1 breath.
- **Compress** chest 100 times per minute.

Press with the heel of 1 hand on the lower half of the chest. Lift fingers to avoid ribs. Do not press near the bottom tip of the breastbone.



Be sure someone calls 911 as soon as possible, and by 1 minute after starting rescue efforts.

The information contained in this publication should not be used as a substitute for the medical advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

\*For children 8 and older, adult recommendations for choking/CPR apply.