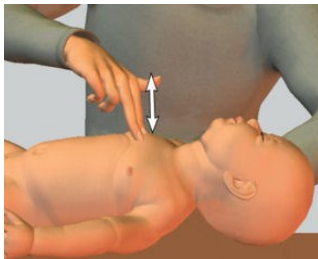


Compressions

For chest compressions, the rescuer's fingers or thumbs should be positioned in the centre of the infant's chest.

Either place 2 fingers over the centre of the infant's chest and use these fingers to depress the chest at least 1/3 the total thickness of the chest (about 4cm),



...or encircle the infant's chest with both of your hands and place your thumbs over the centre of the infant's chest. Use your thumbs to depress the chest at least 1/3 the total thickness of the chest.



PERFORM 15 COMPRESSIONS AT 100 BEATS/MINUTE THEN GIVE 2 BREATHS. REPEAT THIS CYCLE. DO NOT STOP TILL HELP ARRIVES!

CALL **111** FOR AN
AMBULANCE
THEN START
RESUSCITATION
YOURSELF

Find us on 
[PregnancyandEarlyFamilyCare.ADHB](https://www.facebook.com/PregnancyandEarlyFamilyCare.ADHB)

The National Women's Health website has accurate and up to date information which you may find helpful.
nationalwomenshealth.adhb.govt.nz

You can find this leaflet in the [A-Z fact sheets](#) section

Resuscitation of Your Baby

Tena koutou katoa | Kia orana | Talofa lava
Malo e lelei Fakaalofa lahi atu | Taloha Ni
Ni Sa Bula Vinaka

欢迎 | こんにちは | ارحم
Greetings and Welcome to

National Women's Health
Auckland District Health Board

DRS ABC

OF RESUSCITATION
IT COULD SAVE YOUR BABY'S LIFE

DANGERS

Make sure that you, the baby, and bystanders are safe from any dangers.
Do not put your own safety at risk.

RESPONSIVE

Is the baby responsive?
Check for response by calling the baby's name loudly and gently squeezing their toes.
Moving or making a noise is regarded as a response.
If there is no response, the baby is unconscious and in danger of dying because their airway is blocked.

SEND FOR HELP

Call 111 for an ambulance
or send someone else to call.
If you are on your own, and a phone is not readily available, do CPR for about 1 minute then call for help.
If portable, bring the phone with you to the baby.

IF YOUR BABY IS UNRESPONSIVE AND NOT BREATHING, START THE 'ABC' OF INFANT RESUSCITATION.

AIRWAY

Open and clear the airway

In an unconscious baby it is important to clear and open the airway:

- * If you see anything in the baby's mouth, turn baby on its side to drain it out.
- * Place baby on its back on a firm surface.
- * Lift the chin a little so their nose is pointing to the ceiling.



BREATHING

Check to see whether the baby is breathing normally

When the airway is clear and open, check for normal breathing:

- * Look and feel for movement of the lower chest and stomach area.
- * Listen and feel for air coming from the nose or mouth onto your cheek.
- * Take no longer than 10 seconds to assess for breathing.

BREATHING...

Baby might make some gasping breaths – this is NOT normal breathing and you should still start CPR

Position baby on any flat surface or even support them on your lap or arm.

To breathe into baby:

Keep the head in a neutral position with one hand.
Seal your lips around the baby's mouth and nose, or just nose.
Gently puff 2 breaths, into the baby until you see the chest rise.
Lift your mouth from baby's nose/mouth and nose in between breaths.



IF BABY DOES NOT RESPOND AFTER TWO BREATHS BEGIN CHEST COMPRESSIONS.

TURN TO NEXT PAGE.