(A) AIRWAY - Open the airway and keep it open

Look for any obvious foreign material in your baby’s mouth. If you can see anything, turn your baby face downwards and give five firm taps on the back with the heel of your hand, in the middle of the back between the shoulder blades.

To open the airway, gently tilt back your baby’s head and lift the chin. Do not tilt the head too far back.

(B) BREATHING – If your baby is not breathing, commence mouth to mouth breathing

First check for any sign that your baby is breathing on their own. Do this by looking, listening and feeling:

- **LOOK** at the chest and abdomen for movement
- **LISTEN** at the nose and mouth for breathing sounds
- **FEEL** with your cheek over your baby’s nose and mouth for movement of air

If your baby is breathing, turn them onto their side and wait for help.

If there are no signs of breathing in 10 seconds, commence mouth to mouth breathing:

- Keep the airway open as described above
- Cover your baby’s mouth and nose with your mouth ensuring there is a good seal.
- Gently blow into the lungs for 1 -2 seconds until you see the chest rise. Stop and watch the chest fall as air comes back out.
• Take another breath and repeat the steps above another four times (five times in total).
• Reassess the breathing. If your baby is breathing, turn them onto their side and wait for help. If your baby is still not breathing, continue as follows.

(C) CIRCULATION – start heart massage if your baby does not have a heartbeat or other signs of a circulation

• If you have been trained to do so, check for a pulse (heartbeat) by feeling the inner part of the upper arm at the elbow for 10 seconds. If you can’t feel a pulse or the pulse is very slow (less than 60 beats per minute), commence heart massage (cardiac compressions).

• Otherwise, check for signs of a circulation (any movement including swallowing, coughing or sustained breathing). Take no more than 10 seconds to do this. If there are no signs of a circulation, commence heart massage (cardiac compressions).

• With the tips of two fingers on the lower half of the breastbone, apply gentle but firm pressure to push it down by about 1 inch. Repeat this quickly 15 times, then give 2 mouth to mouth breaths.

• Continue alternating between giving 15 cardiac compressions and 2 mouth to mouth breaths.

• Check regularly for signs of breathing and circulation.

• Continue until the ambulance arrives or your baby starts to show signs of breathing and/or a heartbeat (more than 60 beats per minute).