

Step-by-Step: Choking Rescue for a Baby (0-1 Year of Age)

Choking Rescue for a Baby (0-1 Year of Age).

Call 9 1 1 if your baby is showing signs of choking. This includes trouble breathing, being unable to cry or make sounds, or their skin is turning blue.

Hold your baby over your lap, face down with your hand holding their chin and face straight, tilt their body slightly downward.

Use your other hand to strike the middle of their back with the heel of your hand five times. If your baby is still choking, turn them onto their back and continue holding their head straight with their body tilted slightly downward.

Use your middle and index fingers on your other hand, to do five chest thrusts in the middle of their rib cage, just below their nipples.

Continue repeating steps two through six.

Once the food or item has dislodged from your baby's throat, you can stop the process.

If your child becomes unconscious, begin CPR if you are trained to do so.