

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

Here's how to rescue a choking baby younger than one year old.

1. Signs of choking include: the inability to cry or cough, or your baby is turning blue.
2. Call 911 right away if your baby can't breathe or make sounds.
3. Hold your baby facedown on your forearm.
4. Aiming at the area between the shoulder blades, use the heel of your hand to give five back slaps.
5. Turn your baby face up.
6. Look for the area on your baby's chest just below the nipple line.
7. Using the heel of your hand, give your baby five chest thrusts.
8. Repeat these steps until the object pops out or your baby faints. If your baby faints, call 911 if you haven't already done so and if you've been trained, start CPR.